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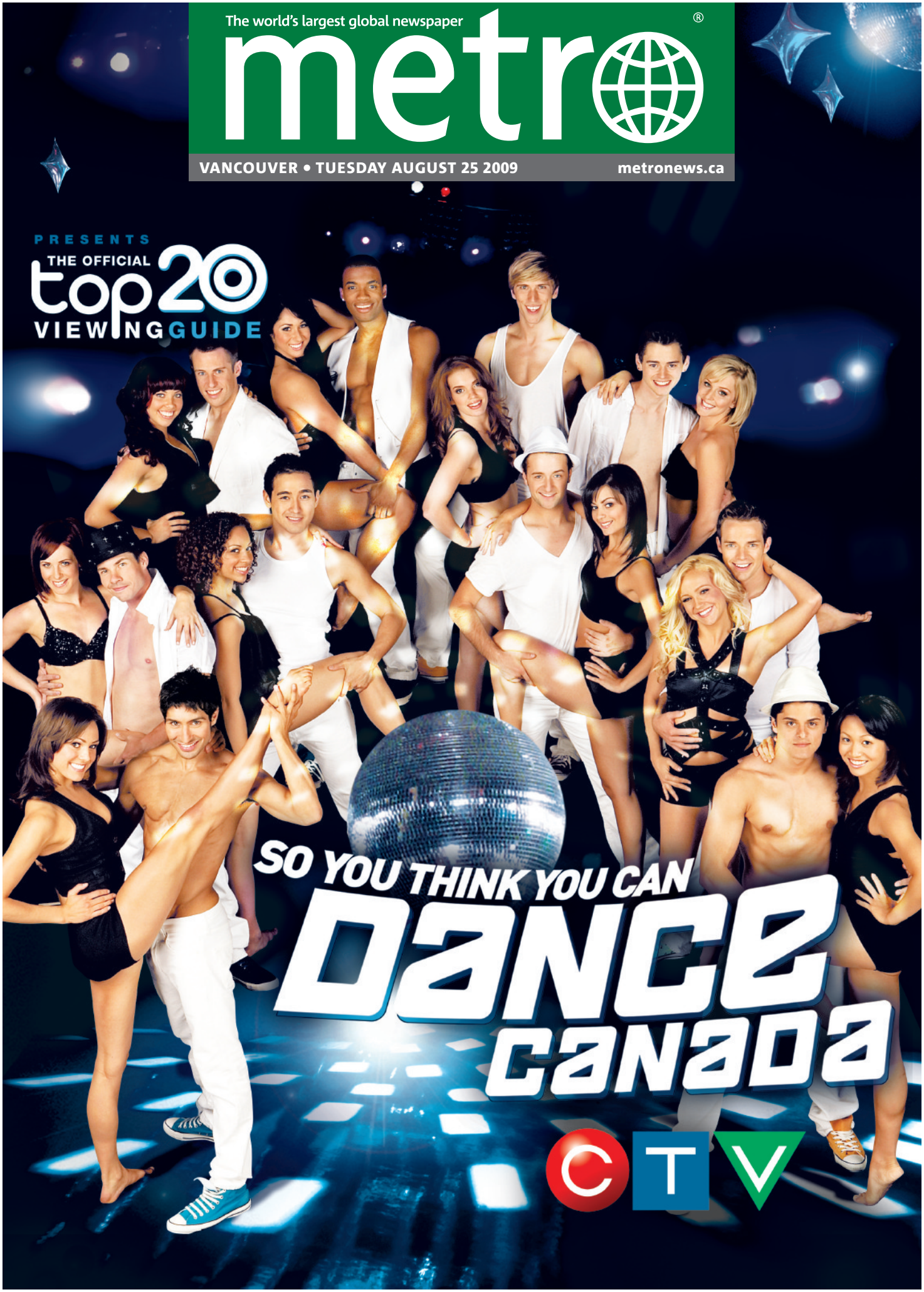

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## Jackson's death linked to drugs: Document

**INVESTIGATION** Pop star Michael Jackson died from a fatal dose of an anesthetic called propofol, leading authorities to suspect his doctor of manslaughter, court documents showed yesterday.

The investigation into the singer's death in June has focused on Conrad Murray, Jackson's personal doctor who was with him when he died.

Murray's attorney, Ed Chernoff, was not available to comment.

REUTERS

COVERAGE, PAGE 11

Your Money pg 15

Stress-free back-to-school

Celebrity Buzz pg 32

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CORNELIA NAYLOR/FOR METRO VANCOUVER

Thunderbird manager Kevin Walker yesterday afternoon allows a camera crew into the room where Ryan Jenkins was found dead.

# News crews pay $500 to view Jenkins' room

## Manager says 'blood money' will be used to help motel 'family'

CORNELIA NAYLOR
for Metro Vancouver

**The manager of the Thunderbird Motel in Hope charged camera crews a fee to tour the room where the body of suspected killer Ryan Jenkins was found hanging from a coat rack.**

Kevin Walker said he stopped taking the fee after a few early news crews paid. He added that he intends to use some of the money to help clients at the hotel, as many are on social assistance and struggling with addiction.

"The money I did take made me feel so sh–ty because it's blood money, but if I can turn it into a better good, I will."

Media descended on the secluded Thunderbird after police confirmed the dead man Walker found in Room 2 was Jenkins, the object of a nationwide manhunt. The millionaire Calgary native was charged with the murder of his ex-wife, Los Angeles swimsuit model Jasmine Fiore.

Global National reported media were allowed into the room for $500.

Walker, a single father who lives with his 16-year-old son at the motel, said the money will also go toward supporting his son.

"It's a big family, and we take care of them whether they're related or not," he said, adding there are plans to turn the motel's cabins and rooms into an independent living facility for recovering addicts.

Evanne Cantley, who has been at the motel for three months, said Walker, whose family she has known for years, would "do anything" for residents and that he was "a real good dad."

Ken Paquette, who's lived there for five months, said Walker often helps residents with rides to town.

"There's a lot of older guys, a lot of welfare, a lot of drug addicts, people trying to straighten out," he said.

Although Paquette describes Walker as a man who's "been around the block," he's worried Sunday's grisly discovery combined with the media circus might be taking a toll.

"I've been worried about him. He says he's OK, but he looks pretty tired."

Metro did not pay the $500 fee.

## Woman at motel ID'd, say RCMP

KRISTEN THOMPSON
kristen.thompson@metronews.ca

**HOPE** The woman who allegedly helped suspected murderer Ryan Jenkins book a room at the Thunderbird Motel in Hope has been identified, but her name is not being released, RCMP announced yesterday.

Jenkins, who was found hanged in his room on Sunday afternoon, checked in on Thursday with a woman driving a car with Alberta licence plates.

The manager of the motel said Jenkins sat in the car while the blonde woman paid cash for the three nights, and then left.

"The woman is now a person of interest in this investigation but she is not considered a risk to public safety," said RCMP Sgt. Duncan Pound.

"At this time, her identity cannot be revealed as the investigation into her presence and actions at the motel continues."

Pound said the woman may face charges of accessory to the murder of Jasmine Fiore after the fact.

Jenkins' father told a Calgary newspaper that his son died frightened and alone, unable to contact his family because the phone lines were tapped.

"He didn't get to talk to anybody," said Dan Jenkins.

Fiore's mother, Lisa Lepore, told ABC television that Jenkins "took the easy way out" by committing suicide.

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**Donations being collected for typhoon victims**

Local immigrants organization SUCCESS is accepting donations at its eight Lower Mainland centres for victims of typhoon Morakot, which has left more than 650 people dead and 24,000 homeless in Taiwan. Donations can also be made at any HSBC branch. METRO VANCOUVER

# Local

## Canadians beat Colombians

**Defending world champions Canada defeated Colombia 64-39 in Wheelchair Basketball's Americas Cup at the Richmond Oval yesterday. Team Canada will play Argentina today and Mexico tomorrow. The gold medal game will be played on Saturday**

METRO VANCOUVER

METRO INTERNATIONAL NEWSPAPER OF THE YEAR
2009 Festival of Media Awards

## Be careful when meeting online contacts: Police

KRISTEN THOMPSON
kristen.thompson@metronews.ca

Police are warning people to be cautious when getting together with someone they've met through social networking after a man was tied up and robbed by another man he met through a chat line.

The 52-year-old victim called a telephone chat line and arranged to meet another man at his East Vancouver apartment on Sunday morning, Vancouver Const. Anne Longley said yesterday.

"As soon as they were inside the apartment, the invited person sucker-punched the homeowner in the face, knocking him to the ground," Longley said.

"He then tied the man to a chair and stole his wallet, car keys and his car. He left the victim tied to the chair and he escaped in the victim's car."

A neighbour called police after hearing the victim calling for help.

Police spotted the victim's car in the Downtown Eastside that night.

Twenty-nine-year-old Anthony Paul McDonald was arrested. Longley said he was wanted in Victoria for forcible confinement, and has been charged by Vancouver Police for the assault on Sunday.

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WHAT'S ONLINE TODAY

**Your Money** Allan Small on why fears of a market pullback are no reason to sell off your investments at **metronews.ca/investing**

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SUBMITTED PHOTOS

A researcher shows the prosthesis used to transform her body for a study on eating habits.

# The social side of overeating

## Study finds eaters are influenced by how much friends consume

**People's eating habits are influenced by their friends, according to study results released yesterday.**

Snack food, a fat suit and a fake study about movies were used by researchers at the University of British Columbia, Duke University and Arizona State University to see if people can be influenced to eat more.

"Obesity is obviously a tremendous public health concern," said Gavan Fitzsimons, a professor at Duke. "Because people often dine in social settings, we decided to investigate how someone's size and food choices could influence how much the people around them order and eat."

**"Most participants took a portion similar to what the researcher served herself."**
Prof. Gavan Fitzsimons

Researchers told 210 students they were participating in a study about movie watching. Each was unknowingly partnered up with a member of the research team who is size 0 and weighs 105 pounds — but was also made to appear as size 16 and 180 pounds when wearing an obesity prosthesis.

In all cases — fat suit or natural — when the undercover researcher helped herself to larger servings, so did the student.

"Most participants took a portion similar to what the researcher served herself," said Brent McFerran, assistant professor of marketing at UBC.

"However, it is clear that how much food each person took, and how much they ate, depended on whether their companion was thin or obese."

In other words, if the thin researcher ate a lot or only a little, the participant followed suit. But when the researcher was obese, participants adjusted the amounts they ate and diminished the influence the researcher had on them.

"In terms of consumer health, our findings indicate that the size of the person you dine with matters much less than the size of the meal they order," said Fitzsimons. "If a heavy-set colleague eats a lot, you are likely to adjust your behavior and eat less. But a thin friend who eats a lot may lead you to eat more than you normally would."

The findings will appear online this week in the Journal of Consumer Research. METRO VANCOUVER

## Tamara a ratings hit on Live

**CONTEST** The appearance of Vancouver weathercaster Tamara Taggart on Live With Regis and Kelly saw a 56 per cent increase in the number of Canadian viewers, with 474,000 tuning in.

Taggart interviewed actress Renee Zellweger and journalist/author Geraldo Rivera when she filled in for series regular Kelly Rippa last Friday on the popular U.S. TV morning show.

According to CTV, Philbin complimented Taggart's poise under pressure.

"You know, we have one of the most-jammed shows we have ever had in the history of this show. That's why I am glad you're so experienced, because it's going to take all of our talents to get through this today," Philbin said.

Taggart was the only Canadian selected as one of the 10 finalists in the From Local to Live Co-Host for a Day contest.

METRO VANCOUVER

JEFF HODGSON/METRO VANCOUVER

Tamara Taggart

## New group voices support for HST

**TAX** A new coalition of British Columbia business leaders and retail groups is speaking out in favour of the planned harmonized sales tax, saying it will create jobs, and boost wages and the economy.

The 12 per cent combined GST and PST kicks in July 2010, and has garnered opposition from, among others, the restaurant industry, some small business owners and the NDP.

The B.C. Real Estate Association, which opposes the HST, has even launched a new section of its website to let the public voice concerns over the tax.

But members from around 20 local groups, including the B.C. Chamber of Commerce and the Retail Council of Canada, held a press conference in Vancouver yesterday to show support for the new tax.

Jock Finlayson, with the Business Council of B.C., said the HST will give businesses incentive to modernize their operations, adding that more than 30,000 organizations support the HST.

METRO VANCOUVER

## Man arrested after allegedly seeking sex with young girl

**KAMLOOPS** RCMP have arrested a 33-year-old man for allegedly trying to buy sex with a little girl in Kamloops.

According to police, the man sent a text message to another person, asking to be provided with a three- to five-year-old girl for sex, adding that he'd pay for the service by way of a finder's fee.

The recipient of the text message immediately called police, said Sgt. Scott Wilson.

"That same evening, the suspect attended a residence in Kamloops believing he was there to meet a young child for sex," Wilson said.

"The male was subsequently arrested."

The man is known to police and remains in custody.

METRO VANCOUVER

## News in brief

**FUNDING** The province has announced an additional $180,000 for liability coverage to search and rescue volunteers' societies, Public Safety Minister Kash Heed announced. Individual rescuers already had WCB and third-party liability coverage when deployed by the government.

**DEATH** A 12-year-old Parksville boy who was hit by a car while riding his bike last week has died at B.C. Children's Hospital in Vancouver. The boy was hit on Aug. 17, and was not wearing a helmet, police said.

**ARSON** Delta police are asking for the public's help finding an arsonist who has been lighting fires in the south part of the city. Five fires have been lit since June 17, including on a roof, a shed, an empty house and in a dumpster.

**FIREFIGHTERS** Alberta is sending 140 more firefighters to British Columbia to help combat the extreme fire hazard situation. Most of the 140 deployed will complete a two-week stint before returning home to Alberta. Alberta dispatched another batch of about 150 wild-land firefighters to B.C. at the beginning of August.

METRO NEWS SERVICES

**Massey Tunnel closing overnight**

Travellers who usually use the Massey Tunnel will have to find another route between Richmond and Delta for the next three nights. The tunnel will be closed at intervals from 12:30 a.m. to 4 a.m. for upgrades to the traffic control system. NEWS1130.COM

# IOC president dashes ski jumpers' hopes

VANCOUVER 2010 Games

KRISTEN THOMPSON
kristen.thompson@metronews.ca

**"I admire your passion for your sport and your ability as athletes. However, we confirm our decision that women's ski jumping will not be part of the Olympic program."**
Jacques Rogge, IOC president

**APPEAL** A formal letter sent to women ski jumpers from the International Olympic Committee has dashed the athletes' hopes of getting into the 2010 Games by way of reasoning with the committee.

The group of female jumpers, who tried to sue VANOC for inclusion in the Vancouver Olympics, attempted to pitch their case to IOC president Jacques Rogge once more after learning female boxing will be included in the 2012 Summer Games.

Until recently, ski jumping and boxing were the only two Olympic sports without a women's component.

But in his reply, Rogge said he stood by the decision to keep women's ski jumping out of 2010, which he reiterated was based on technical merit and not gender.

"I admire your passion for your sport and your ability as athletes," Rogge wrote. "However, we confirm our decision that women's ski jumping will not be part of the Olympic program in February, 2010."

# Bike thefts spiking in city

## Police urge caution for cyclists

KRISTEN THOMPSON
kristen.thompson@metronews.ca

**1,417**
The number of bikes stolen in Vancouver thus far in 2009, according to police.

**There's been a dramatic increase in bike thefts this summer compared to last, and police are urging cyclists to take extra precautions when locking their bikes.**

In the past three weeks, 257 bikes have been reported stolen in Vancouver, compared to 167 during the same time last year, police Const. Jana McGuinness said yesterday.

"That's a huge number of bicycles," she said, adding it's possible the spike is due to the prolonged good weather, which has more people out riding.

"When we look at last year's totals overall, there were 1,596 bikes stolen. Already this year we're at 1,417 bikes," McGuinness said.

"We have four months left to go in the year, so the totals are going to surpass 2008."

McGuinness said thieves are scaling second-storey balconies and breaking into underground storage lockers and garages to get at bikes.

Police recommend cyclists record their bike's serial number and note after-market changes made to it, which helps police to track it down if it goes missing.

KRISTEN THOMPSON/METRO VANCOUVER

Const. Jana McGuinness, with a recovered stolen bike, at Vancouver police headquarters yesterday.

# Officials predict H1N1 virus will spread in B.C. schools

**PANDEMIC** The H1N1 flu virus is likely to return and spread throughout British Columbia schools this fall, provincial officials announced yesterday.

"We don't expect that individual school closures, community-wide closures or provincewide closures will be useful in controlling the spread and impact of the H1N1 flu virus," said provincial health officer Dr. Perry Kendall. "Closures early last spring were initiated out of an abundance of caution because we had very little information on the novel flu virus at that time."

Kendall added the disease caused by the virus influenza A (H1N1), also known as swine flu, is generally mild and does not warrant "such severe measures."

New guidelines have been created for schools, as well as plans for transporting sick students and post-pandemic recovery.

**More info**

- More official information for parents and students can be found at gov.bc.ca/h1n1.

METRO VANCOUVER

# Many classes violate rules for size, composition: Arbitrator

**EDUCATION** Many classes throughout British Columbia are too large or have too many students with special needs, according to a report by a provincial arbitrator.

James Dorsey found violations of the School Act in 21 of 81 classes he examined.

B.C. Teachers' Federation (BCTF) president Irene Lanzinger said the 354-page study validates the union's position that the government was wrong to strip teachers of the right to bargain class size and composition.

The arbitrator has reserved the right to set remedies if the union and the government are unable to come to an agreement on how to solve the problem.

METRO VANCOUVER

## News in brief

**DEATH** Police have identified a man shot to death in the 5900 block of Ewart Street in Burnaby on Aug. 21 as (Ricky) Yao Heng Chou, 54. Chou was known to police and his death does not appear to be random.

**SEARCH** A search-and-rescue team and the RCMP are scouring Monroe Lake in Port Coquitlam for a fisherman who went missing in the area. Pieter Kramer, 58, was reported missing on Sunday night.

**SHOOTING** Police are investigating a drive-by shooting at a Surrey home yesterday morning. RCMP found two bullet holes in a house in the 12400 block of 74th Avenue, and said the shooting seems to have been targeted. No one was hurt.

**FIRE** Investigators believe roofers using torches started a fire that broke out at an East Vancouver apartment building at Lakewood and Dundas yesterday, news1130.com reports. The fire damaged the roof and ceilings of several suites. No one was injured.

**MISSING** RCMP in White Rock are asking for help finding a missing woman who suffers from a mental disorder. Kelly Virtue, 34, was last seen at Peace Arch Hospital on Aug. 19 in a hospital gown. She may be delusional and likely has no money.

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**THE 'FRO:** Yes, it's real. Yes, I use a lot of hairspray.

**THE LIPS:** Red lipstick. It's like underwear for me. I wear it every day.

**THE EARRINGS:** They gotta be big, and they gotta be gold. I never leave the house without hoops or a hat.

**THE TOP:** This tube top was a bargain. Lucky. I'd hate spending big $$$ on something so little!

## **JENILLE,** Toronto

**JENILLE'S LOOK:** Old school glam. It's '50s pinup meets girly superhero during a sale. She's got a talent for looking sleek without spending big bucks. How, you ask? DIY fashion. If it's ripped tights she needs, she'll shred 'em herself. Shoes are her not-so-secret vice, and she's a firm believer that one can never own too much black.

**THE PHONE:** Gold, girly and fun. It's a Samsung Cleo™ from Bell.

**THE SHOES:** The result of waiting in line at 8am and searching on my hands and knees for the last pair of size 5's. Totally worth it.

**Forces need more staff: Military chief**

The military needs to hire 8,000 regular forces and 6,000 reservists to support its duties, according to Canada's chief of defence staff, CBC News Online reports. METRO NEWS SERVICES



# Canada

# Olympic troopers?

## Soldiers could be recalled to guard 2010, memo says

VANCOUVER 2010 Games

**Canada could outsource military work in Afghanistan and pull its soldiers from low-profile foreign missions to relieve the pressure of fighting in Kandahar, guarding the 2010 Olympics and securing a meeting of world leaders next summer in Muskoka, Ont.**

According to documents, more than 32,000 military personnel — about half the entire Canadian Forces — will be in training or set to deploy on missions to Kandahar, the Vancouver Olympics and a G8 meeting in Huntsville, Ont., between this summer and July 2010.

That staffing burden makes it impossible to carry on current operations and still respond to the weekly requests for Canadian soldiers from the Americans, NATO and the United Nations, the military says.

Canadian participation in smaller peacekeeping missions could end or be drastically cut, the memo also reveals.

TORSTAR NEWS SERVICE

### Training

- The document also said soldiers in Kandahar will also be ordered to train and mentor additional Afghan army battalions on the frontlines without the help of more troops. The training function was one of Ottawa's key priorities when Parliament extended the Afghan mission to 2011.

## Nunavut **Remote reservists**

ANDY CLARK/REUTERS

Members of the Canadian Rangers pose in front of their tent in Iqaluit, Nunavut, in the Arctic. The Canadian Rangers are part-time reservists who provide a military presence in Canada's remote communities. They are responsible for surveillance and reporting unusual sightings.

# Data differs between two polls

**POLITICS** Conservatives have leaped to a strong lead, a poll released yesterday showed, while a second survey showed the party remaining in a deadlock with the opposition Liberals.

Results from Ipsos Reid put the Conservatives at 39 per cent among likely voters, a level that would be close to delivering a majority government, with the Liberals down to 28 per cent. Two months ago, the poll had the Liberals ahead 35 to 34 per cent.

A Harris-Decima poll offered a different picture, putting the Liberals ahead 32 per cent to 31 per cent, a result that was in line with most other recent results.

Ipsos-Reid said the Conservatives had been helped by the impression that the economy was recovering from a recession and by Prime Minister Stephen Harper's high-profile tour last week of the Arctic, where he stressed northern sovereignty.

When the Liberal caucus meets in Sudbury, Ont., next week, the top issue is likely to be whether to bring down the Conservative government and force an early election.

Harper led the Conservatives to re-election last October, with more seats in Parliament than before but still only a minority, meaning he relies on the support of at least one opposition party.

The Liberals are the party that has been keeping Harper and his Conservatives in power, but many party stalwarts have grown impatient with that role.

REUTERS


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Pacific Centre
Park Royal N.
Park Royal S.
OKANAGAN
CASTELGAR
635 Columbia Ave.
KAMLOOPS
Aberdeen Mall
Inside Real Canadian Superstore
Lansdowne Village
KELOWNA
Dilworth Shopping Centre
Orchard Park Shopping Centre
PENTICTON
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PRINCE GEORGE
Pine Centre
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259 Reid St.
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While quantities last. Selection will vary by store. Offers valid at Sears Department stores only.

NE084G309 © 2009. Sears Canada Inc.



# Hurricane Bill leaves Canada unscathed

**Canada lifted storm and surge warnings yesterday as Hurricane Bill slowed to a post-tropical storm that will peter out as it moves across cold north Atlantic waters.**

The storm, which killed two people in the United States over the weekend, passed close to Atlantic Canada's oil, natural gas and refinery operations, but apparently without causing major damage.

**"All in all, we came through pretty good."**
Herb Thomas, Environment Canada

Exxon Mobile Corp. said there was no impact on its 98,200 barrel per day Hibernia offshore oil project southeast of St. John's, and refineries in Newfoundland and Nova Scotia operated by Harvest Energy Trust and Imperial Oil Ltd were also running normally.

Exxon said it has yet to assess any damage to the Sable Offshore Energy Project off the coast of Nova Scotia, which was closer to the centre of the storm.

Bill hit Newfoundland overnight at just under hurricane strength, bringing strong winds that downed trees and causing minor flooding. Environment Canada said the storm had moved across the island more quickly than expected.

"It could have been worse, but it was windy and there were some hurricane-strength gusts … and there was also a lot of rain in a short period of time," said Herb Thoms, a meteorologist for Environment Canada in Gander, N.L.

"All in all, we came through pretty good."

Power was being restored to some of the 40,000 homes and businesses in southern Nova Scotia where the eye of the hurricane passed offshore on Sunday.

REUTERS

# Father of slain girl goes cross-country for child safety

VICTORIA HANDYSIDES
Metro Canada

Victoria Stafford

**TREK** He's biking through some of Canada's most populated and desolate areas, in hopes no other child suffers the same fate as his little girl, who was kidnapped and dumped in the woods last spring.

Rodney Stafford is 2,000 kilometres from Edmonton, his final destination of a bike trip he hopes will serve as a wake-up call to parents across Canada.

"We were nobodies — put it that way. Then someone took it upon themselves to abduct and murder our daughter," he said from a Thunder Bay, Ont., yesterday. "It could happen to anybody. It's a disgusting world, and I want to open parents' eyes."

A countrywide search began after eight-year-old Victoria (Tori) Stafford was kidnapped as she walked home from school near her home in Woodstock, Ont., on April 8. Her remains were found July 19 in a wooded rural area 100 kilometres north of where she was lured into an idling car.

He's pedalling toward closure, Rodney said, adding he's had his "ups and downs" in the months since his daughter's murder.

## News in brief

**OFFENDER** Calgary police are warning the public about the release of a high-risk offender back into Calgary yesterday. Keegan Troy Spearchief, 23, was released on bail as he awaits charges of trespassing by night and breaching his conditions. "We believe Spearchief poses a risk a risk to re-offend to the community of Calgary," said Staff Sgt. Todd Zelensky. Spearchief has a history of randomly selecting homes, breaking in and sexually assaulting females. METRO CANADA

**Alberta man found dead in B.C.**
The body of an Alberta man was pulled from the Fraser River near Richmond, B.C., on Sunday, a week after he was run over by his own boat in a tragic accident, CBC News Online reports. METRO NEWS SERVICES

# Popularity trumps privacy: Study

**FACEBOOK** One glance at Bryan Floyd's Facebook page, and you'll know his email address, his cellphone number and that his favourite movie is Orgazmo.

"I'm a pretty open book. I don't really mind," the 25-year-old Weston, Ont., resident said. "I have my phone number, tons of pictures."

In fact, Floyd recently restricted access to his profile to his friends on the networking site and had no idea his information was open to the public before. "I didn't really care, I guess," he said.

Floyd's openness might come from a need to be liked, psychologists at the University of Guelph say.

They recently found undergraduates who disclose a lot of personal information on Facebook are driven by the desire to be popular.

On Facebook, "In order to have presence on Facebook, you need to have people contributing to your Facebook page ... our identity is created by what other people are saying about you," said Amy Muise, who conducted the research with Emily Christofides. "The more you disclose and the more others can engage with you on Facebook, the more ... visible and social you are."

The Muise and Christofides' study found undergraduates ages 17 to 24 who disclose a lot of personal information on Facebook are driven by the desire to be popular.

The Office of the Privacy Commissioner awarded them a $50,000 federal grant this summer to extend the study to more age groups.

TORSTAR NEWS SERVICE

# Shoring up security

**Nova Scotia will be looking into how to keep people away from the shore during future hurricanes.**

On Sunday police had to shut down several areas because of the high volume of people seeking to watch the waves made by hurricane Bill.

Yesterday morning, Minister of Emergency Management Ramona Jennex said she was concerned someone would be hurt by the crashing surf. Jennex told reporters officials will be looking at how to keep people away next time.

"Storms are beautiful and the waves are beautiful and of course in our sea around Nova Scotia we want to see it," she said. "But I was worried all day yesterday with the waves and people out on the shoreline."

RYAN TAPLIN/METRO CANADA

A surfer rides a wave at Silver Sands Beach in Cow Bay, N.S. yesterday. Dozens of surfers hit the water to catch some fairly large waves in the wake of hurricane Bill.

In fact, three young men wandered too close to the crashing waves along Peggy's Cove shortly after hurricane Bill blasted Nova Scotia on Sunday, falling into the cold waters. Two of the teens had to pull their friend, who ended up completely submerged, out of the Atlantic Ocean.

Halifax RCMP called the trio "very lucky" and police ended up keeping the road to Peggy's Cove closed overnight Sunday as a result.

PAUL MCLEOD/ METRO CANADA

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# Comment & Views

EDITOR: MIKE.DEREZYCKY@METRONEWS.CA
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## Comment

# Iggy needs a makeover

NationalReport
Lawrence Martin

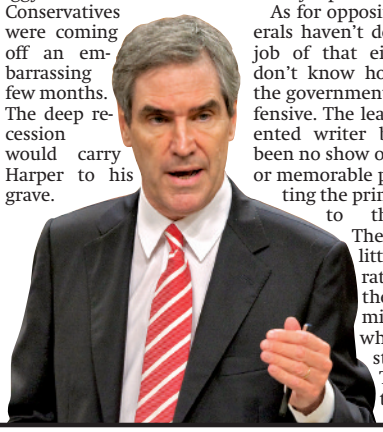
metronews.ca/nationalreport

It's official. The Liberal party strategy is a dud. A new Ipsos Reid poll — Conservatives 39, Liberals 28 — is the latest signal. While no one should read too much into one opinion sampling, the downward trend has been apparent for months. Michael Ignatieff's Liberals are backpedalling toward the lows of Stéphane Dion — and they shouldn't be surprised.

What else can be expected when you put out no new policies, no new vision, a leader who appears indecisive, and no sustained attack strategy on Stephen Harper?

The operation needs an overhaul and it needs it now. Iggy has been too beholden to a handful of advisers who brought him into politics. That's what happened to Paul Martin. The former prime minister placed too much power in the hands of a few close political friends.

The plan after Ignatieff took over the leadership last December was to play it safe. Canadians would be happy to see Dion gone. They would be excited by Iggy's fresh intellect. The Conservatives were coming off an embarrassing few months. The deep recession would carry Harper to his grave.



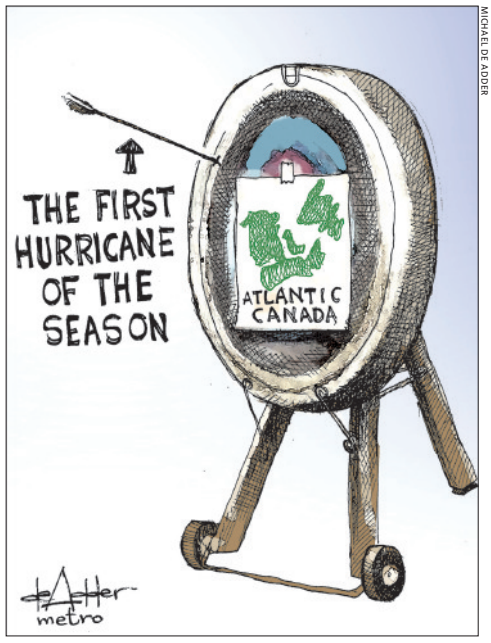
But the recession was short-lived and Iggy showed up with an empty bucket. His advisers kept him in low gear. Opposition leaders should only oppose, they told him. That might work for some, but not in Ignatieff's case. He was a world-renowned intellectual. He was expected to have new and captivating ideas for a public that was fed up with old-style politics.

As for opposing, the Liberals haven't done a good job of that either. They don't know how to keep the government on the defensive. The leader is a talented writer but there's been no show of rapier wit or memorable phrases cutting the prime minister to the quick. There's been little to separate him in the public mind from what Harper stands for. The notion that the Liberals could somehow capture the public imagination with an issue like employment insurance reform was cockeyed.

Iggy's office, which has done a good job on party financing and organization, says the national media hasn't been covering him this summer. The reason he hasn't been covered is he has had nothing really striking to say. Had he gone to Washington to see his Liberal soulmate, Barack Obama, that would have made for big headlines. He hasn't done it.

The latest brutal poll might actually do the Liberals some good. It might be the one that convinces them to change course. Dissenters close to the leader's shop will now have the ammunition to demand a change of strategy. They must do so. Otherwise Iggy risks becoming Icarus.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.



MICHAEL DE ADDER

## Views

# Time to find homes for Canada's waiting kids

Laura Eggertson

At 17-and-a-half, "Adam" was about to age out of the foster-care system in Ohio, with nowhere to go when he turned 18. That's when a dedicated group of social workers at Northeast Ohio Adoption Services decided it was long past time the teenager found a permanent home.

Adam — a "quirky" kid — had never quite fit into any of his foster homes. He'd spent 14 years in care. Like many of the 500,000 kids in the U.S. child-welfare system, and the 100,000 or so children in care of our provinces, he faced a life without family or financial supports once the system deemed him an adult.

Unless someone stepped up to adopt Adam or become his legal guardian, he would be on his own the minute his 18th birthday rolled around.

"They were really truly going to have to drive him to the homeless shelter," says Cheryl Tarantino, a worker at the Ohio agency.

Fortunately for Adam, Ohio, like a growing number of U.S. states, is taking an aggressive approach to finding permanent homes for older children and teens in its care.

Labelled "extreme recruitment," these innovative approaches pay off. They are finding homes for the children and young people many states, provinces, and child-welfare workers previously considered "unadoptable."

In Adam's case, the Ohio county caring for him entered into a public/private partnership with the organization where Tarantino works to do what it couldn't: Find Adam a family.

Using Facebook and a model called "family finding," pioneered by youth permanency expert Kevin Campbell, the Northeast Ohio Adoption Services agency tracked down Adam's birth mother. Then they convened 44 biological family members.

On his 18th birthday, instead of a homeless shelter, Adam moved in with an aunt who became his legal guardian.

It's a process more Canadian provinces and children's aid societies need to explore. We need adoptive and other permanent homes for all of our kids in care — and we need to do whatever it takes to find those homes.

New Brunswick, Alberta and British Columbia are getting serious about finding homes for the older children and teenagers in their care. It's time the rest of the provinces and territories make this a priority, too, and learn from our neighbours to the south.

The teenagers in our child-welfare system shouldn't have to leave it without a home to visit on the holidays, and the love, support and helping hands of a family of their own.

Laura Eggertson is an award-winning freelance journalist based in Ottawa, and a former Nieman fellow at Harvard University.

## Worth mentioning

# Can you juggle, run and chew gum at same time?

The long-distance joggler understands better than most that the race is not always to the swiftest.

Joggling, juggling while jogging, requires a hand as sure as a foot is fleet. But for some well-co-ordinated multi-taskers, there's nothing quite like it.

"Once I get in a good joggling groove with a nice, relaxed stride and a perfectly timed cascade juggling pattern, it's pure poetry in motion," competitive joggler Michal Kapral said.

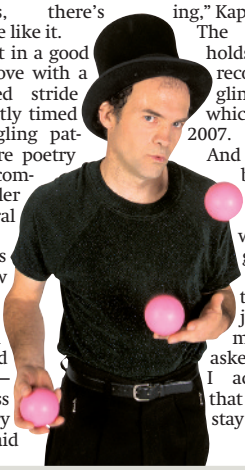
"I was amazed how the two things fit together in such a fluid motion — one ball toss for every step," said Kapral, who started joggling after reading about it in the Guinness World Records when he was 12.

"Studies have shown that juggling boosts brain power, as does running, so the combination feels amazing," Kapral said.

The Torontonian holds the world record for the joggling marathon, which he set in 2007.

And true to his ambidextrous nature, he ran the entire race while chewing gum.

"I chewed the gum as a joke because so many people asked me if I could. I actually found that it helped me stay relaxed."



REUTERS

**Metro Online Poll Results**

70% SAID YES

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30% SAID NO

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Letters must include sender's full name, address and phone number – street name and phone numbers will NOT be published. We reserve the right to edit letters.

**Madoff not terminally ill: Prison bureau** 11

Wall Street swindler Bernard Madoff has not been diagnosed with cancer, the U.S. Federal Bureau of Prisons said yesterday, knocking a report that Madoff was dying of the disease. REUTERS

# World

## Lethal dose killed Jackson: Document

**Michael Jackson died from a lethal dose of the powerful anesthetic propofol, according to findings by the Los Angeles chief medical examiner unsealed in court documents in Houston yesterday.**

Jackson suffered cardiac arrest and died on June 25 at age 50. Since then, an investigation by state and federal agencies has focused on Conrad Murray, Jackson's personal doctor who was at his side the day he died.

"The Los Angeles Chief Medical Examiner-Coroner, Dr. Sathyavagiswaran, indicated that he had reviewed the preliminary toxicology results and his preliminary assessment of Jackson's cause of death was due to lethal levels of propofol (diprivan)," according to a warrant to search Murray's offices.

The document was released by the Harris County District Clerk in Houston, where Murray has an office.

In an affidvit seeking the warrant, Houston police officer E.G. Chance said U.S. agents had gathered "items constituting evidence of the offence of manslaughter that tend to show that Dr. Conrad Murray committed the said criminal offence."

Murray, who was in Jackson's bedroom on June 25 administering drugs to ease the pop star to sleep, administered a wide range of drugs to Jackson before he died, including a 25-milligram dose of propofol via an intravenous drip at 10:40 a.m. PDT, the state search warrant said.

Jackson was "very familiar" with propofol and referred to it as his "milk" because of its milky appearance, the warrant said. REUTERS

### Pop icon's final moments?

- According to the document released by a Houston court, in the early hours of June 25, Dr. Conrad Murray also gave Michael Jackson doses of Valium, ativan and versed, the filing said. Jackson went to sleep after Murray administered the propofol, and Murray stayed by his side for about 10 minutes and then left "to go to the restrooom and relieve himself," the search warrant said. Murray was out of Jackson's room for about two minutes and when he returned, Jackson was no longer breathing, the warrant said.

## China Lead scare

CHINA DAILY/REUTERS

A nine-month-old child who was diagnosed with excessive lead in his blood is seen in China yesterday. Henan province, the top lead producer in the country, has shut down up to 240,000 tonnes of smelting capacity in recent days after lead poisoning was reported to have affected hundreds of children.

## Minister claims Karzai victory

**ELECTION** Afghanistan's finance minister claimed victory yesterday for President Hamid Karzai in last week's presidential election but, with no official figures released, the claim was rejected by his main rival's camp.

The United Nations called on all candidates and voters to be patient while authorities investigate allegations of fraud in the poll.

The first, partial figures are due to be released today, five days after the election. Taliban attacks failed to stop the election, although violence did suppress turnout, especially in the south.

Speaking to reporters, Finance Minister Hazrat Omar Zakhilwal said figures supplied to him as a member of the cabinet showed the president has secured support across the country, including in the north.

Zakhilwal said this would make the result impervious to a challenge of fraud. REUTERS

## Prosecutor named to CIA probe

**TORTURE** U.S. Attorney General Eric Holder yesterday named a special prosecutor to probe CIA prisoner abuse cases, a move that could distract President Barack Obama from his drive to reform health care. Holder's decision came after the Justice Department's ethics watchdog recommended considering prosecution of Central Intelligence Agency employees or contractors for harsh interrogations in Iraq and Afghanistan that went beyond approved limits. He chose career federal prosecutor John Durham to handle the investigation, adding to his probe of the CIA's destruction of videotapes showing harsh interrogations of terrorism suspects. REUTERS

## Greek wildfires start to recede

**GREECE** Dying winds yesterday helped firefighters beat back wildfires that swept through suburbs of Athens, forcing thousands to flee. "The fires are developing less intensely than in previous days," said government spokesman Evangelos Antonaros. REUTERS


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**Forecasters expect quiet hurricane season**

Private weather forecaster WSI Corp. said yesterday it still sees a quiet 2009 Atlantic hurricane season with conditions not conducive to an active year for violent storms. REUTERS

# Lockerbie bomber's welcome fans backlash

**Scotland's justice secretary yesterday defended his decision to free the Lockerbie bomber on humanitarian grounds in the face of severe criticism from the United States government and relatives of U.S. victims.**

Addressing an emergency meeting of the Scottish parliament, Kenny MacAskill rejected suggestions from opponents that he had bowed to political or economic pressure. But MacAskill, who freed Abdel Basset al-Megrahi on compassionate grounds because he is dying of prostate cancer, criticized Libya for the celebrations that greeted his return to Tripoli.

"(The decision) was based on the law of Scotland, and the values I believe we seek to uphold," MacAskill said.

Relatives of U.S. victims have strongly condemned the Scottish government over its decision to release Megrahi, 57, the only person convicted of the bombing of the Pan Am jet over the Scottish town of Lockerbie in 1988, killing 270 people. REUTERS

## Boycott

- Critics of the Scottish decision have set up a website urging Americans to "boycott Scotland." U.S. tourists are the leading overseas visitors to Scotland by number and spend about $454 million a year.

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## Pakistan arrests 7 militants linked to al-Qaida

**RAID** Pakistani police have arrested seven men belonging to an al-Qaida-linked militant group who were planning to attack high profile targets in the country's biggest city, Karachi.

The militants, belonging to the Lashkar-e-Jhangvi (LeJ) group, were arrested in a raid in the upmarket Defence neighbourhood where they had rented a bungalow, Superintendent of Police Fayyaz Khan told Reuters late on Sunday.

Pakistan, a nuclear-armed U.S. ally, has seen an intensification of attacks by Islamist militants over the course of the past two years.

It has responded since April with army offensives against militant strongholds in the northwest.

Karachi is Pakistan's commercial hub and home to its main stock exchange and central bank.

Many foreign companies involved in Pakistan also have offices there.

Khan said one of the detained men, Muhammad Shahzad, had also been involved in planning an attack on former president Pervez Musharraf and another attack on former prime minister Shaukat Aziz.

REUTERS

## Iraq bombings kill at least 11

**VIOLENCE** Bombs planted on two minibuses killed at least 11 people and wounded 12 near the usually quiet southern town of Kut yesterday, officials said.

Iraq has been reeling from a series of huge bombings, mainly in and around the capital Baghdad, the troubled northern city of Mosul and western Anbar province, since U.S. troops pulled out of city centres in June.

REUTERS

## News in brief

**PROTEST** Colombia's government protested against what it charged were the "expansionist" plans of Venezuelan President Hugo Chavez, in the latest exchange to fuel diplomatic tensions between the neighbours. The protest came just days before a summit where Chavez is expected to try to rally support against a deal to allow the U.S. military more access to Colombian bases, a plan that triggered worries across the region from Brazil to Bolivia.

REUTERS

**French factory workers drop trousers to save their jobs**
Workers at a boiler factory in France have stripped off for a nude calendar in a bid to save 204 jobs. The money raised will fund a trip to Italy, where they plan to stage a protest. REUTERS

13

# Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

## Chilly fall for retail?

### Back-to-school forecast remains cloudy

**The recession may be over, but the weather remains unpredictable.**

For many Canadian retailers, that's wreaking havoc with back-to-school sales.

With just two weeks left before school resumes, all sales projections have gone out the window now that summer has finally arrived — two months late.

Despite stronger-than-expected retail sales in June, according to data released yesterday, Canadian retailers remain worried about the back-to-school season, the Retail Council of Canada said.

Economists said the better-than-expected one per cent monthly increase in June to $34.4 billion in retail sales proves the recession is over.

**Prediction**

- Sales of basic school supplies should remain strong, experts predict, but profits may be slim as so many retailers slash the prices on them to attract customers.

But Canadian retailers say they still can't predict the weather. For clothing retailers, in particular, it could be another tough season.

"More than half of sales during back to school are apparel," noted Diane Brisebois, president and chief executive officer of the Retail Council of Canada.

While some purchases are necessary, like new shoes and pants, in milder weather parents and students can put off buying things such as overcoats until later when they're on special, Brisebois said. "So weather does play havoc."

The association is predicting sales will be "slightly" higher than last year.

The season is the second most important one for retailers behind Christmas, the Retail Council of Canada says. TORSTAR NEWS SERVICE

## Auto industry **Last day for 'Cash for Clunkers'**

SHANNON STAPLETON/REUTERS

A man looks at a car advertising the last day of the "Cash For Clunkers" auto rebates program at a Hyundai dealership in New York yesterday. Americans swamped auto dealerships yesterday during the final hours of the program that offered rebates of up to $4,500 to trade in older gas guzzlers.

## Small businesses unprepared for H1N1 outbreak: Study

**ILLNESS** Only one in 10 small-business owners in Canada have prepared for an outbreak of influenza A (H1N1), also known as swine flu, a survey by Bank of Montreal showed, even though the virus may have a huge impact on workplaces with only a few staff.

While governments order vaccines and schools draw up outbreak plans, a Harris/Decima poll found few small businesses had prepared. The most obvious risk to small businesses from a health-related incident is staffing, but other risks include disruption among suppliers and a sudden drop in demand if fearful customers stop shopping. REUTERS

## **Business** in brief

**AUTO** The long-running drama involving the sale of General Motors' subsidiary in Europe has taken another turn with talk that the struggling auto giant may keep it. General Motor's advisers have suggested that the board consider seeking aid from other European governments beyond Germany so it doesn't have to sell control of Adam Opel GmbH, according to reports. TORSTAR NEWS SERVICE

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**End of the line for Hershey in Ontario town**

On Thursday, the contents of the Hershey candy factory in Smith Falls, Ont., will be auctioned off. Hershey, the largest employer in the town of 9,000, announced it was closing the plant in 2007, putting 500 workers out of work. TORSTAR NEWS SERVICE

# Card industry grapples with security

**Fresh details of large-scale cyber attacks against data processor Heartland Payment Systems Inc. and supermarket chain Hannaford Brothers show the challenges facing the efforts of the U.S. credit-card industry to upgrade security measures.**

While both companies say their computer networks met the tough new standards meant to prevent data breaches, Visa Inc. said Heartland at least may have let its guard down.

The positions reflect broader disagreements in the industry, as squabbling between merchants and financial firms over technology and the cost of systems upgrades continues to impede progress, said Robert Vamosi, an analyst for California consulting firm Javelin Strategy & Research.

The financial stakes are getting higher. Fraud involving credit and debit cards reached $22 billion US last year, up from $19 billion in 2007, according to California consulting firm Javelin Strategy & Research.

The security of consumer information came under renewed scrutiny Aug. 17 when a 28-year-old Florida man, Albert Gonzalez, was indicted along with two other unnamed hackers for breaching the computer networks of Heartland and Hannaford. REUTERS

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## CNPC deal still valid: Verenex CFO

**OIL** China National Petroleum Corp.'s $499-million agreement to acquire Canada's Verenex Energy Inc. remains in effect, though the deal was to expire today, Verenex's chief financial officer said yesterday.

Though Libya's government has said it may preempt the deal — which would see CNPC's international arm buy the Canadian firm for its oil properties in the North African country — the agreement remains valid until either party cancels it, said Verenex CFO Ken Hillier.

"Today is the outside date for the acquisition agreement, but it doesn't terminate until one party actively terminates it," Hillier said. "We certainly have no intention of doing so and we've heard nothing from CNPC to that effect."

Verenex, a small Canadian oil producer that has concentrated on finding oil in Libya, agreed in February to sell itself to CNPC for $10 a share.

However, Libya balked at the deal and said it may exercise its right of first refusal and buy Verenex's operations itself.

Verenex has been in negotiations with Libya but those discussions have yet to result in a solution for either the company or the North African country.

The talks "are amicable and both parties wish to avoid arbitration and reach a solution," Hillier said. "We're there to reach a deal ... but as far as timing goes I can't speak to that." REUTERS

## RIM buys maker of Iris web browser

**MOBILE** BlackBerry users who are frustrated with their mobile web-browsing experience could be in for an upgrade.

Research In Motion Ltd., the Waterloo, Ont.,-based company that makes the popular BlackBerry smartphone, confirmed yesterday it has bought Toronto-based Torch Mobile for an undisclosed sum.

The deal would give RIM access to Torch Mobile's web browser, which is dubbed Iris and is based on an open-source layout engine called WebKit.

Observers say RIM's move signals its intention to overhaul the BlackBerry's existing web browser, which has been criticized for lagging behind those offered by its rivals. TORSTAR NEWS SERVICE

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## Your Money

EDITOR: NINA.DRAGICEVIC@METRONEWS.CA

# Stress-free back-to-school

### Hand supply shopping over to the kids — with a few key guidelines

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AlisonOnMoney

Most of us parents would be lying if we didn't admit to a tiny thrill of delight when the ringing of the autumn school bell draws near. But getting Jenn and Josh togged up and laden with all the gear can turn the dog days of August into something akin to holiday shopping on Dec. 24.

If you'd rather have a root canal than hit the mall with the hordes, turn the job over to the kids. It starts with a list of needs and wants, proceeds to a spending limit and ends, eventually, with "shoo, shoo" at the entrance to the mall.

Youngsters, obviously, will need supervision at all stages. But by working with a five-year-old now you are setting the stage for stress free back to schooling as they approach the preteen years.

My husband used to take our daughter clothes shopping by grabbing a coffee and a seat outside a mall store after turning her, list in hand, to a salesperson. Happiness all round.

Taking a page out of his parental survival playbook, divide the list into clothes, school supplies and "Please, Mom\Dad!" The younger ones usually love this process especially if you send them on a treasure hunt through the house to uncover what items from last season can be re-used, from protractor sets to shoes. If your kids really get into it they can trade among their friends.

**Alison's Money Rule:**

- Three steps to eliminating back to school shopping stress – make a list, set a limit and let'em at it.

The bribe here is this; the more you recycle, reuse and make-do the more you will have to spend on that awesome (fill in the blank).

Next, set a spending limit and dole out the cash. Try not to make decisions for them. As years go by you will shift from in-store accompaniment, to lounging by the door, to dropping them off, to letting them drive, cycle or bus to the mall themselves.

Mistakes will be made but you will be doing your kids and yourself a big favour by handing over the back-to-school shopping chores.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at alison@alisongriffiths.ca.

**On the web**

MoneyMatters

**Money Matters:**
- Henry Choo Chong asks readers how they're dealing with the economy. Visit metronews.ca/moneymatters for this week's column.

**Investing:**
- Allan Small looks at what investors should do if or when the market pulls back in the short term. Visit metronews.ca/investing to read this week's column.

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**Did you know?**
According to the Ministry of Training, Colleges and Universities of Ontario, average fees for a two-term college general program are about $1,900 and for general universities are about $4,200. **NEWS CANADA**

# Student ¢ents

**On campus**
**If you live on campus and go with full accommodation from the school, you should expect to pay anywhere from $4,500 to $6,000.**
**NEWS CANADA**

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

# Costs of school go beyond tuition

**RICHARD WOODBURY**
for Metro Canada

Avoid going broke this school year by planning ahead and sticking to a budget, experts say. If you're unsure how to do this, your school's financial aid office can help.

**Having a budget and sticking to it is crucial for not running into financial trouble at university.**

"If the kids want to make it through their year and through their program, I would say that's Number 1," says Frances Cody, the housing and financial aid manager at Mount Saint Vincent University.

Students must also distinguish between needs and wants when putting together a budget, says Dr. Laura Stanbra, the director of financial aid and awards at Concordia University in Montreal.

It's important to think about more than tuition and books, and think about other costs such as transportation, rent, food and clothing.

"They can add up pretty quickly," says Stanbra.

Part of the challenge of managing one's finances in university is it's often the first time they've had to do it. The good news is if students need some guidance, most universities offer free counselling to help students straighten out their finances and perhaps provide some financial aid.

"We're here to help them figure out how to save money and how to access other sources of funding," says Claudia Barrett, the associate director of student awards and financial aid at the University of Calgary.

When students do encounter financial difficulties, the key is to be open about it, says Dr. Eric Kirzner, a professor in the Rotman School of Management at the University of Toronto. He says all kinds of people face financial struggles, so there isn't any reason to feel ashamed about facing financial difficulties

"This is not the time to be shy," he says. "This is not the time to let a small problem escalate into a big problem."

> **"This is not the time to be shy. This is not the time to let a small problem escalate into a big problem."** Dr. Eric Kirzner

Kirzner recommends budgeting on a monthly basis. A weekly budget is too tight and two months is too long. He recommends stretching being frugal early on, so it leaves a little cushion to splurge a little later on. This breathing room can be crucial if unexpected expenses pop up down the road.

"Most students live rather modestly," says Stanbra. "When you have a budget and there's very little wiggle room, one unexpected expense can really mean the difference between making and breaking that monthly budget."

Barrett says some other tips for saving money are to take a close look at banking expenses and know what your plan includes and excludes.

When making purchases, pay by cash whenever possible.

If you have to use a credit card, be sure to pay the monthly balance off in full and on time. This way, you won't have to pay any interest charges and you'll help generate a positive credit rating. Pay attention to the interest rate as well.

Cody advises students who are staying off-campus to look for eight-month leases, rather than one-year ones.

"A lot of students get stuck trying to find subletters for the summer months," she cautions.

Cody also recommends using the web to find scholarships on sites such as studentawards.com.

She also recommends checking with local community and civic groups about potential scholarships.

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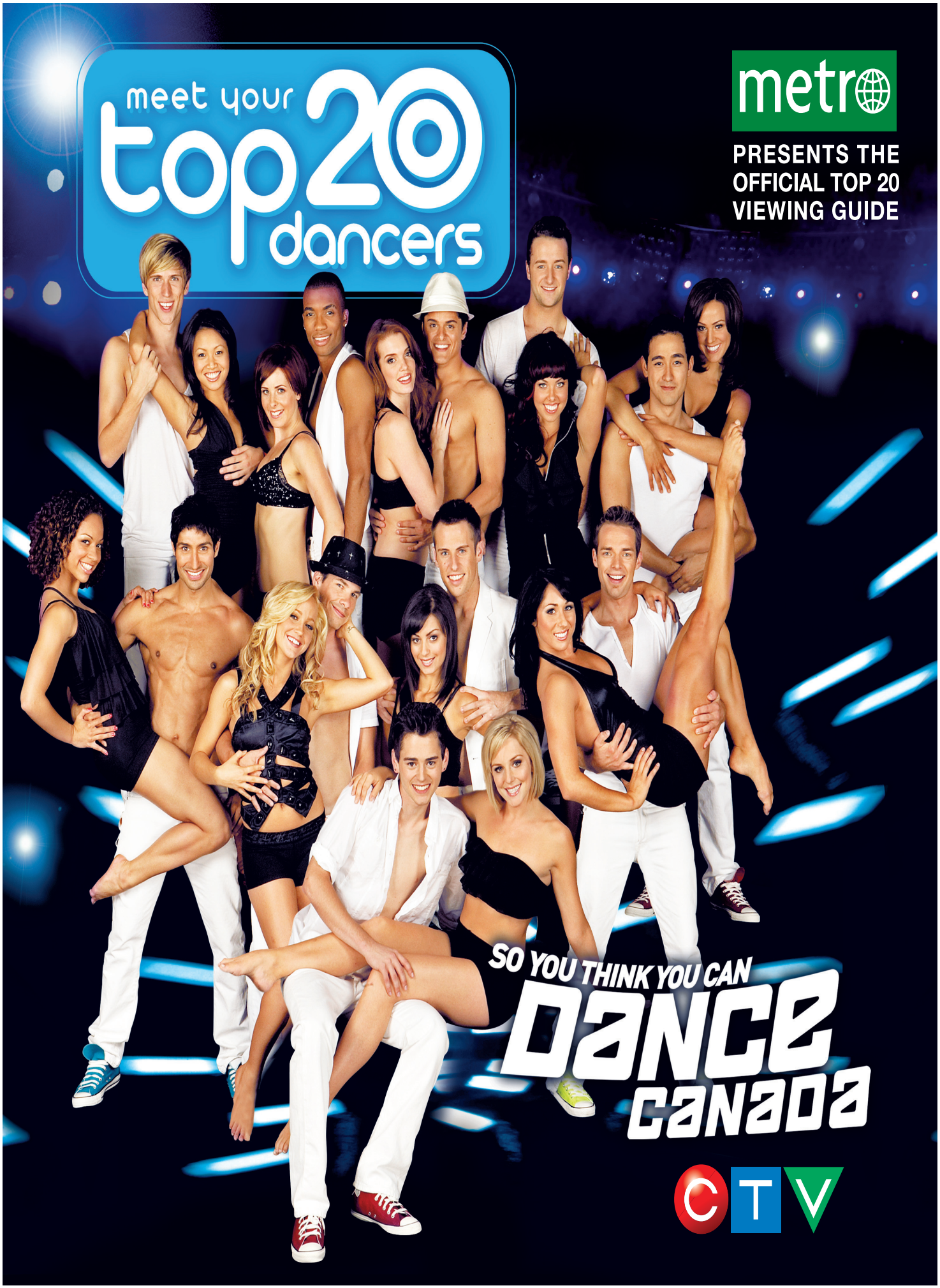
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Corynne Barron, 18
Edmonton, AB
classical
contemporary

Jayme Rae Dailey, 21
Montreal, QC
contemporary

Jenna Lynn Higgins, 18
Toronto, ON
jazz/lyrical

Kim Gingras, 23
Montreal, QC
hip-hop

Melanie Buttarazzi, 22
Woodbridge, ON
latin ballroom

Melanie Mah, 19
Richmond Hill, ON
contemporary

Natalie Lyons, 23
Halifax, NS
hip-hop/krump

Tara-Jean Popowich, 20
Lethbridge, AB
contemporary

Tatiana Parker, 21
Toronto, ON
hip-hop

Anthony Grafton, 24
Calgary, AB
ballroom
Austin Di Iulio, 19
Mississauga, ON
contemporary
Cody Bonnell, 19
Unionville, ON
hip-hop
Daniel Dory, 23
Montreal, QC
hip-hop/house
Danny Lawn, 21
Brockville, ON
contemporary
Emanuel Sandhu, 28
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/ ballet
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# the road to the top 20

Get ready to 'flip' out Canada. **SO YOU THINK YOU CAN DANCE CANADA**, the No. 1 new show of 2008* is back, and you won't believe what's about to hit the stage. Season 2 is jam-packed with talent from across Canada looking to follow in the footsteps of Canada's Favourite Dancer, Nico Archambault.

Since winning the title, Archambault was cast as ballet great Rudolph Nureyev, performed in the nation's capital for Canada Day and is currently on a cross-Canada tour, performing the raw, emotional choreography Canadians fell in love with.

Archambault's fellow Top 20 dancers are also making their mark on the international dance stage. From touring Europe and auditioning for the late Michael Jackson, to performing at the Calgary Stampede and starring in multiple feature films.

Not to be outdone, this year's audition tour kicked off in Toronto then criss-crossed the nation, wowing the judges from Vancouver, to Saint John, N.B., and ending off in Montreal and Edmonton.

From 26 consecutive pirouettes and 'bucc' krumping to countless flips across the stage, Season 2's dancers are as powerful and passionate as ever.

The top dancers from each of the five cities traded in their Boarding Passes for flights to Toronto where the best of the best faced off at Finals Week.

After an incredible journey thus far, the judges have finally chosen their Top 20 for SO YOU THINK YOU CAN DANCE CANADA season 2! Over the next few weeks, the Top 20 Dancers will compete for your votes.

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Get ready to vote, Canada!

## 2009 broadcast schedule**

| | |
|---|---|
| Tuesday, August 25 | Top 20 |
| Wednesday, August 26 | Results |
| Tuesday, September 01 | Top 18 |
| Wednesday, September 02 | Results |
| Tuesday, September 08 | Top 16 |
| Wednesday, September 09 | Results |
| Tuesday, September 15 | Top 14 |
| Wednesday, September 16 | Results |
| Tuesday, September 22 | Top 12 |
| Wednesday, September 23 | Results |
| Tuesday, September 29 | Top 10 |
| Wednesday, September 30 | Results |
| Tuesday, October 06 | Top 8 |
| Wednesday, October 07 | Results |
| Tuesday, October 13 | Top 6 |
| Wednesday, October 14 | Results |
| Tuesday, October 20 | Top 4 |
| Sunday, October 25 | Finale |

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* Source: BBM Nielsen Research
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**It's Called Football**
Vancouver Whitecaps President Bob Lenarduzzi appeared on the It's Called Football show to discuss stadium plans, their move to MLS and the future of their revered academy system. Watch the show at **metronews.ca/blogs**

# Sports

## No Big O for Habs

**The Montreal Canadiens won't be hitting the ice at Olympic Stadium this year. The team yesterday quashed rumours that it was planning a regular-season match at the stadium. The team looked at hosting the Washington Capitals on Nov. 28, but the CFL's Montreal Alouettes hold an option to use the Big O on Nov. 22 and the NHL requires at least seven days to construct a rink and build up the ice surface.** METRO NEWS SERVICES

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

# Wanted: 200-foot players

## Both ends of the ice important at Olympic orientation camp

LAURENCE HEINEN
for Metro Canada

**On the first day of Canada's National Men's Team orientation camp in Calgary, coach Mike Babcock laid down a challenge for his group of forwards.**

Babcock, who will coach Canada's entry into the 2010 Winter Olympic Games in Vancouver, told his players that they will have to be "200-foot players" by being responsible at both ends of the ice.

"You have to play a 200-foot game," Babcock said during a pre-camp press conference yesterday afternoon.

"You have to be good without the puck. The better we are without it, the more time we'll have it."

Team Canada executive director Steve Yzerman agreed with Babcock's assessment and noted that the management team will be watching for the best two-way forwards at the camp and during the first three months of the NHL regular season.

"Specifically our forwards, we're looking for guys that are good in both ends of the rink," Yzerman said. "If you're going to make this team, we want you to be good in both ends of the rink. We can't be hesitant to put a player on the ice."

TODD KOROL/REUTERS

Sidney Crosby, from left, Rick Nash and Jarome Iginla sit together yesterday at Olympic orientation camp in Calgary.

Forward Jarome Iginla, who's right at home in the Saddledome as captain of the Calgary Flames, said it "totally makes sense" that the coaching staff and executive will be on the lookout for players who can get it done both offensively and defensively.

"Their evaluation isn't really just based on this," Iginla said of the four-day evaluation camp that finishes up with a Red-White scrimmage on Thursday night at the 'Dome.

"You're not going to make it or not make it in the three or four days, but they're going to watch during the year. What's very important to them when it does come time is being responsible and being able to be good positionally and be part of the structure."

# Men's eight set to make waves at rowing worlds

**ROWING** No one is going to question Canadian rower Malcolm Howard's credentials to rate a fast men's eight.

After all, Howard was a key part of the engine that pushed a powerhouse crew to victory last year at the Beijing Olympics to highlight a four-medal haul for Canada's rowers.

So one can't help but take notice when he says the men's eight competing at the world championships this week in Poznan, Poland, does some things better than the Olympic champions did. Howard of Victoria and Andrew Byrnes of Toronto are the only returning members.

"We're not as big as we were last year," Howard said in a telephone interview. "That was a big eight. But in many ways, we're actually rowing better this year than we were last year."

Rounding out the men's eight are (cox) Mark Laidlaw of Mississauga, Derek O'Farrell of Unionville, James Dunaway of Duncan, B.C., Doug Csima of Oakville, Gabe Bergen of 100 Mile House, B.C., Rob Gibson of Kingston and Steve Van Knotsenburg of Beamsville.

TORSTAR NEWS SERVICE

**Results**

- The Canadian men's eight won its opening heat yesterday in Poland, just ahead of the Dutch, to move into this weekend's final, where the favourite appears to be Germany.

# Jays outslugged by Tampa Bay

**Tampa Bay 12 Toronto 7**

**BASEBALL** Ben Zobrist went 3-for-4 with a home run, two RBI and four runs scored as the Tampa Bay Rays downed the Toronto Blue Jays 12-7 in the opener of a three-game set.

Carlos Pena hit the go-ahead two-run homer in the fifth inning and finished with three RBI for the Rays.

Rod Barajas hit a grand slam while Randy Ruiz went 3-for-4 with a solo homer for the Blue Jays, who have dropped seven of nine. METRO NEWS SERVICES

# Liverpool loses again as slow start to season continues

**SOCCER** Liverpool lost for the second time in three Premier League matches yesterday, slumping to a 3-1 home defeat by Aston Villa.

An own goal by Lucas Leiva and a glancing header from Curtis Davies gave Villa a 2-0 interval lead before Fernando Torres pulled one back for Liverpool in the 72nd minute.

Any hopes of a storming comeback were shortlived as Steven Gerrard rashly brought down midfielder Nigel Reo-Coker and Ashley Young beat keeper Pepe Reina from the penalty spot with 15 minutes remaining.

With the season a week old Liverpool, runners-up to Manchester United last season, have already lost as many matches as they did in the whole of the previous campaign. REUTERS

## Sports in brief

**GOLF** After defeating him at the PGA Championship last week, Y.E. Yang will meet Tiger Woods again at this year's HSBC Champions in November. Defending champion Sergio Garcia and world No. 2 Phil Mickelson are also confirmed for the event.

**BASEBALL** The Colorado Rockies have signed former AL MVP Jason Giambi to a minor league contract. The 38-year-old will report to triple-A Colorado Springs, hoping for a September call-up to help the Rockies with their National League pennant push.

**SOCCER** A 25-year-old man was charged yesterday with stabbing West Ham defender Calum Davenport, who remained hospitalized in serious condition with leg wounds. Davenport and his 49-year-old mother were attacked Friday night at her home north of London.

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# Learning Curve

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

## Private colleges focus on direct experience

RAFAEL BRUSILOW
for Metro Canada

**Whether you're thinking of retraining for a new career in trades or getting trained in a new one, it's likely you've looked into private colleges.**

Royden Trainor, vice-president of the Vancouver Career College and CDI College in Vancouver, says private colleges pride themselves on their quick response to market needs in education because they have to stay relevant to survive.

"One of the strengths of the private side is that their programs have to be more relevant, more current and more responsive to what's going on in the market today," Trainor said.

There is growing interest in health care, particularly in a career as a personal support worker.

Don Thibert, president of the Ontario Association of Career Colleges and director of academic affairs at Everest College, says the appeal of private colleges is their highly focused nature and hands-on approach.

"People who are looking to pick up skills quickly are attracted to private colleges. It's a smaller environment and you get your hands into what you're doing," Thibert said.

Whereas traditional colleges provide a broader education and training in a job area, private colleges often provide targeted programs aimed to prepare students for a specific job position. Most private college training programs can be completed in 52 weeks or less and focus on giving students direct experience through apprenticeship programs and on-the-job training.

While the 1990s saw many private college classrooms filled with university graduates looking to focus their skills into a particular career, Thibert says recent years have seen more people going into private colleges straight out of high school. According to Thibert, out of approximately 80,000 people who graduated from colleges in Ontario alone, 35,000 were graduates of private colleges.

As for demand in a particular field, Thibert says interest is still high in fields that are considered a necessity, such as accounting and particularly health care.

"We're seeing quite a bit of focus and interest in health-care programs, particularly in careers like personal support workers, since they're in sectors that are not as dependent on the economy," he said.

Thibert says networking

> **"People who are looking to pick up skills quickly are attracted to private colleges."**
> Don Thibert

and IT jobs, which suffered a slowdown during the dot-com bust at the turn of the millennium, are rising in demand as well. Skilled trades in fields such as construction and engineering are seeing an upswing in interest among enrolling students, according to Thibert.

If you do plan to pursue education at a private college, Thibert suggests doing your research. Ask for a tour of the classrooms and labs to make sure the facilities are up to standard. If possible, talk to potential employers to find out which schools they respect in the industry — you might even be able to secure a valuable contact for later.

## Skilled trade labour shortage on horizon

RAFAEL BRUSILOW
for Metro Canada

Trade schools abound; the only question is what career goals do you want to pursue?

Given an appropriate investment in time and resources, you can usually find a school that caters to your next career choice.

For students beginning studies at a trade or vocational school, expect to work hard. Most programs require around 1,000 hours of training, which breaks down to about 20-25 hours of instructional contact every week. Programs tend to be very hands-on, with many skilled trades tending to split learning time at a ratio of roughly 20 per cent in-class time versus 80 per cent direct work experience.

Don Thibert, president of the Ontario Association of Career Colleges, says currently, skilled trades are seeing more interest among students. He says unskilled positions, such as those in office administrative jobs or health and beauty, have been hit hard by the recession while jobs in skilled trades have held up better.

Like in most economic downturns, Thibert says it's no surprise people turn to steady, established careers with perceived guaranteed futures.

On the other hand, Andrea Garson, vice-president of human resources at job listings site Workopolis.com, says job listings in skilled trades have dropped just like in other fields. However, she suggests a lack of young people currently entering skilled trades will inevitably lead to high demand in the long term.

"The average age of skilled trades workers is climbing; there aren't enough young people replacing them, so in the long term, we're going to have a shortage regardless of what the economic situation is," Garson said.

Case in point: George Gritziotis, executive director of the Construction Sector Council, says 170,000 skilled construction trades workers in Canada are expected to retire by 2017 and another 135,000 more workers will

Heavy equipment operators and iron workers are in demand.

be in demand by then, highlighting the fact that despite the tough job market now, a shortage of skilled trade labour is on the horizon.

As for which careers are staying hot, Gritziotis said construction estimators, heavy equipment operators and iron workers top employers' lists, while Thibert named accountants and health-care workers such as personal support staff as being in high demand despite the tough economy.

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# Skills, success linked

## More turning to professional development to get ahead

RAFAEL BRUSILOW
for Metro Canada

**As business continues to move faster, more people and companies are investing in professional development training to ensure critical skills keep pace with the speed of change.**

Professional development, sometimes considered the sole domain of higher-ups and bigwigs in corner offices, is becoming increasingly relevant — and crucial — in a business environment where more young people are being promoted to supervisory positions than ever before and specialized skills take centre stage in the working world. Examples of professional development include mentorship and apprenticeship programs, leadership training and learning or improving work-related skills that can take your skills to the next level or help you excel in a new, challenging position.

Barbara Dickson, director of custom programs for executive development at Queen's University in Kingston, says people are realizing that increased success in the workplace is not only a result of working harder, but working better as well.

"There's a direct correlation between personal improvement and results — there are functional things you can teach to boost skills," she said.

Dickson says more people are taking professional development studies proactively to make themselves more marketable to potential employers in a measurable way and to show they excel in a wide range of skills, since multi-tasking is key in today's business climate.

"Traditional hierarchies are no longer effective in achieving results — businesses need collaboration to succeed," Dickson said.

Gord Vaxvick, a continuing education consultant at the Saskatchewan Institute of Applied Science and Technology (SIAST), says professional development courses focusing on supervisory training are in particularly high demand.

Changing business and social climates have made proper management training even more crucial, he says, because today's employees demand a more constructive style of management that is less about commanding people and more about motivating them to excel.

"I think that employees' expectations have changed as well — supervision is no longer just about barking orders and being obeyed, it's a matter of using interpersonal skills to influence employees to do what is best for the company," he said.

Examples of professional development include leadership training, and mentorship and apprenticeship programs.

In trade and business fields, Vaxvick is seeing a sharp increase in the level of responsibilities young people are being tasked with taking on, resulting in a need for management training.

"Most people are promoted to a supervisory position because they have strong technical skills — it's assumed they have strong interpersonal skills as well. That's why coaching and mentoring is increasingly important," Vaxvick said.

# Carr course teaches students about exhibit design

SAM SMITH
for Metro Vancouver

Fall is fast approaching, which means preparing for school and those new courses that could keep you up at night with that six-pack of Red Bull, a fresh migraine and a paper due in about, oh, two hours.

Emily Carr is no exception, as it's doing its part in the battle against sleep by offering up new courses, such as Design for Exhibit, in its Continuing Studies section.

Dante Comoglio, designer and Emily Carr teacher, is behind the new course at the university.

"It's about fundamentally understanding the space we're in, how we look at things and experience them," Comoglio said.

Students learn how to use space to engage people, whether it's a sign in a shopping mall or a grand sculpture.

"For example, in retail, they're trying to create drama," Comoglio said. "A mannequin isn't there without purpose, it's used in ways to engage the public."

This, according to Amy Clausen, program assistant at Emily Carr, demonstrates the practicality of the course.

"Businesses in every sector are looking for new ways to engage the public," Clausen said. "It's about understanding the engagement of their consumers. These skills can be applied anywhere."

"Retail, curators, interior designers — the course is really for people all around, it's universal," Comoglio said.

SAM SMITH/FOR METRO VANCOUVER

Dante Comoglio, left, and Amy Clausen at Emily Carr on Granville Island.

Unfortunately, the course isn't being offered as credit to any program yet, so students who wish to take it are going for the benefit of knowledge.

However, Comoglio said he sees the course expanding into more specific roles, such as design for museums and trade shows.

"If this becomes a popular course, we see it becoming an elective in our 2D and 3D design programs," Clausen said.

"Michaelangelo said, 'A sculpture is a sculpture when it becomes a painting,'" Comoglio said.

For now, the course will remain in Continuing Studies with a 16-person class, one night per week.

The course starts Oct. 8. Registration is open and spots are still available.

### Designer CV

- Dante Comoglio has been hired for his skills in architecture and design by such companies as Air Canada, VanCity and Disney.

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# ‘There are not enough apprentices’

## Automotive technicians in demand

**ANDREA WOO**
for Metro Vancouver

ANDREA WOO/FOR METRO VANCOUVER

Shaku Nagi, an apprentice technician at Columbia Chrysler in Richmond, says he enjoys the daily challenges at work.

**It’s been a rough year for the automotive industry, but employers are still looking for hard-working automotive technician apprentices, according to some Vancouver service managers.**

“There is work,” said Lino Portela, service manager at Columbia Chrysler in Richmond.

Portela says he is always looking for strong apprentices — those who are curious, aggressive, punctual and honest — to strengthen his stable of technicians.

“There are not enough apprentices, as far as I’m concerned,” he said.

Shaku Nagi took BCIT’s pre-apprenticeship program before working at Columbia Chrysler. He’s been working as a technician for four years and says he thrives on the daily challenges at work.

“I like that every day, I have a situation I have to think about, figure out and fix,” said the 26-year-old. “I’m not bored, sitting at work and wishing it was over.”

Nagi says paying dues and earning the respect of journeymen is a crucial and unavoidable part of starting out.

“Most people think, ‘I’ll be an automotive guy’ and for the first year they have to sweep the floor and take the trash out every day,” he said. “(The journeymen) want to see how dedicated you are.”

Allan Lal, service manager at Vancouver Honda, agrees.

“If someone wants to be a tech, we’ll get that person washing cars for six months to a year and see how they do,” said Lal. “If they work hard, we’ll sign them up an apprenticeship and go that route.”

Last week, J.D. Power and Associates released a survey indicating that Canadians are spending an average of 7 per cent less on vehicle repair and maintenance services than last year — something both Portela and Lal have felt.

It is more incentive, says Portela, to bring and keep on board only the brightest and the hardest working. “When the market’s like this, there are always ways to better your department,” he said.

The pay scale ranges from about $11 an hour for a lube technician to around $40 for a full journeyman, said Nagi.

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# Computers lighter, more powerful

RAFAEL BRUSILOW
for Metro Canada

With the world of computing racing from portable to ultraportable, this year's back-to-school laptop options are lighter, skinnier and more powerful than ever before.

## Tough on falls, not the environment

For the eco-conscious or carry-careless, **Toshiba** offers some intriguing possibilities with its **Satellite series** of notebooks (ranging in price from $699 to $1,899). Each notebook comes with a built-in Eco Button and Eco Utility, which monitors power savings and shows you how much power you are using — and how much you could save by being more efficient. Clumsy users or those with rough-and-tumble job settings will also appreciate the new 3D accelerometer packed into each Satellite, which automatically senses free falls, shocks or harsh vibrations, protecting hard drive data from destruction or damage. Note that this doesn't mean you should use your laptop as a battering weapon in a pinch ... but you could.

The Toshiba Satellite series of notebooks range in price from $699 to $1,899.

## Small, but classy

Students and coffee-shop hipsters have taken to ultra-portable netbooks like moths to a flame in recent months, and the **Toshiba NB200** (which costs between $429 and $479) is certainly a bright light.

Featuring a stylish composite-metal-looking design (or straight black, if you prefer), neatly separated keys for easier typing and a 9-cell battery (good for up to nine hours of life), the NB200 is at the higher end of the netbook price range but definitely feels like it's worth it. It also includes an accelerometer sensor to protect the hard drive in case of falls or vibrations. The screen is the now-standard 10.1-inch size and the specs are legit for what you'd expect from a small but mighty netbook.

## Fun and practical

Built for the classroom, the **Dell Latitude 2100** (starts at $652) offers a rubberized design that is easier to carry and use safely as well as an optional touch-screen, making it a perfect tool for student collaboration or special education teaching, while also proving useful for more business-minded older users, who have given the 2100 some very good reviews as well. The compact design and reasonable specs have made the machine a well-deserved hit — now if only you could convince your child to let you sneak it away for a game of Minesweeper or three.

The Dell Latitude 2100, which starts at $652, comes in a variety of colours. The Toshiba NB200, at left, costs between $429 and $479.

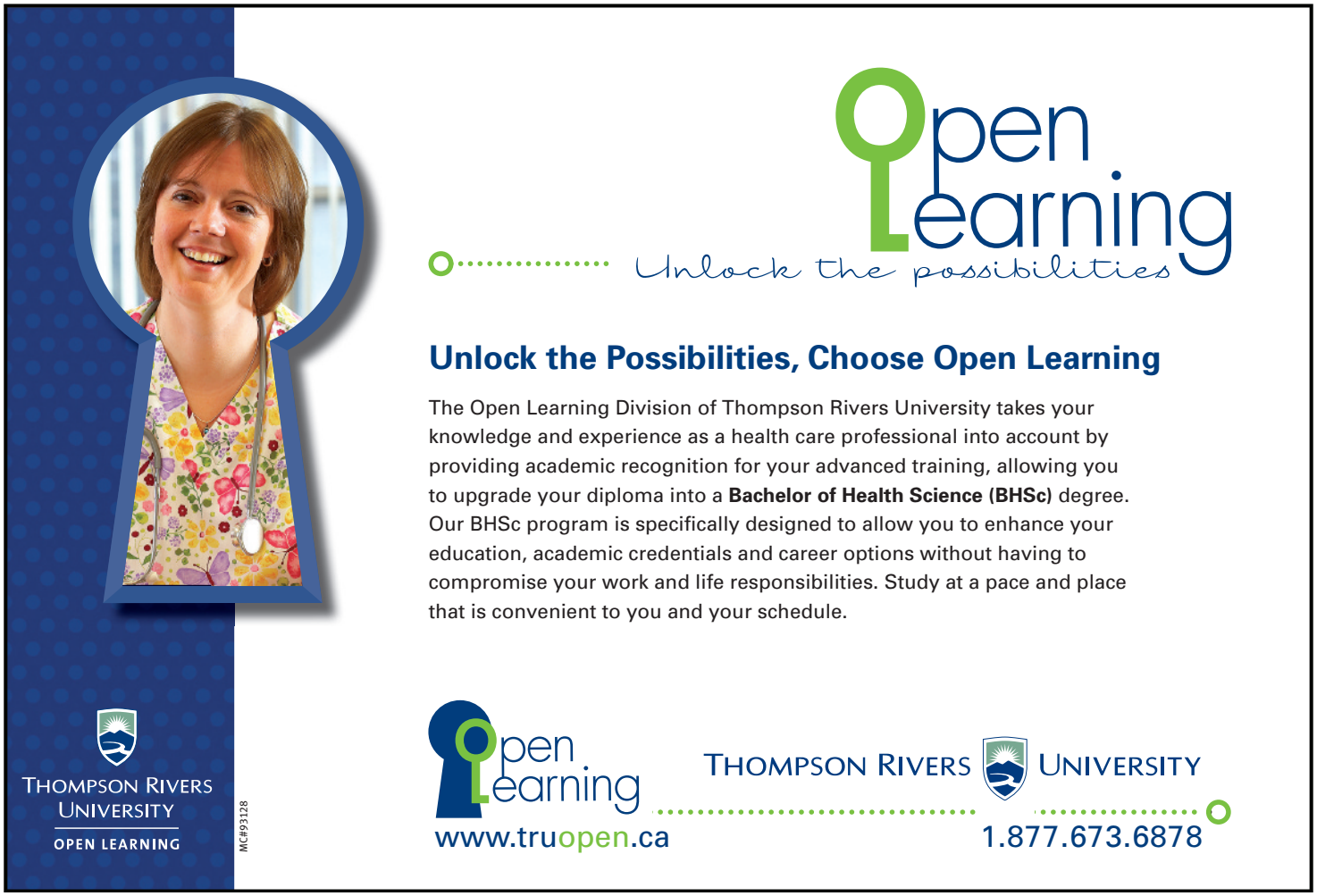
## Spunky, affordable

True-to-form, Dell's entry into the netbook market, the sprightly **Mini 10**, is thrifty in price (it starts at $415), loaded with features and a scrappy little fighter to boot. With a keyboard that is 92 per cent of normal size, a nice thin profile, optional 6-cell battery and dedicated HDMI port, Dell has clearly taken stock of what consumers want from their netbooks and packed it into a neat package. The design may be a bit plain but it definitely makes a sensible buy if you're on a budget.

## Can't miss

**Microsoft's Ultimate Steal** — University students can get Microsoft's Office Ultimate for only $64 (instead of the regular price of $899) when bought through theultimatesteal.ca/studentdeal.

Microsoft's Office Ultimate, above, is currently on sale for $64 (down from $899). Meanwhile, the Dell Mini 10, left, is thrifty in price (it starts at $415).



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Corporate training can improve performance as well as ease stress.

# Corporate trainers can ease stress at work

JON TATTRIE
for Metro Canada

GETTY IMAGES/FILE PHOTO

Corporate trainers can tailor sessions to a particular company.

**As the recession chews on the job market, stress levels rise at a time when success is harder and more important than ever. Many businesses are turning to corporate trainers to ease the pressure and increase performance.**

Bernadette Smith, vice-president of learning solutions for the Canadian Management Centre, provides management and leadership-development training at all levels. CMC works from Halifax to Vancouver to the Yukon, and has offices around the globe.

"If you're talking about a new manager, one of the important things is helping them transition from an individual contributor role to managing people, potentially their peers," she explains. "We create self-awareness so they know what their styles are and how they impact people around them. In so doing, we allow them to develop appropriate communication skills so they can deliver their messages with impact."

Much of the training is designed to improve staff performance, via setting expectations, creating constructive dialogues and coaching message-delivery to maximize results. High-performing individuals build up to high-performing businesses, Smith says.

"The difference is results. Ultimately, by equipping employees with skills and knowledge, it helps them to perform their jobs better ... and delivers the results required by the organization."

Corporate trainers can tailor sessions to a particular company, using the firm's procedures and case studies.

"They are given the opportunity to build those skills right in the classroom and apply them directly to their job once they leave the training. Rather than having employees make their own connections of what they're learning to their jobs, we make that process easier by creating their environment in the classroom."

For their facilitators, it's a lateral career move. Most first achieve a reputation in their business field and are then recruited to lead courses — it's not something people set out with as a career ambition.

Alice Waife founded Ontario's ARMI to focus on anger-management training. "Organizations will send their employees over to us if they're struggling with communication and aggression issues," she says.

The first step is identifying aggressive employees, including managers. HR people and management aren't necessarily trained in psychology and may find themselves out of their depth in dealing with serious problems.

"It takes away the ignorance of not knowing how to skillfully deal with such conflicts. We find there is a huge benefit ... for the bottom line of the business."

**"Ultimately, by equipping employees with skills and knowledge, it helps them to perform their jobs better ... and delivers the results required by the organization."**
Bernadette Smith

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# Women tackle stereotypes in trades

ANDREA WOO
for Metro Vancouver

**She knew since her mid-teens that she wanted a career in working with cars, but Doreen Wong admits it wasn't always easy.**

"I was really hard on myself, being a woman in this trade, because I had to prove to not just myself but others that I was capable of doing this," she said. "When I started in the industry, it was tough. There was a lot of blood, sweat and tears."

Women have long been underrepresented in the trades. Dana Goedblood, dean of trades and technology at Kwantlen Polytechnic University, estimates there are only about 7 or 8 per cent of women actively in the trades, and maybe 2 per cent enrolled in trades courses at the college.

"There are a number of reasons for it," she said, citing on-the-job discrimination and the often long work hours when women are traditionally caretakers. "There's also the perception that it's very physical work, so a lot of women aren't prepared for that."

Lino Portela, a service manager at Chrysler Canada, says women are often more patient and meticulous in their work.

SUBMITTED PHOTO

Doreen Wong, an automotive collision refinishing instructor at Vancouver Community College, pictured here with students, says women shouldn't be afraid of entering the male-dominated trades.

"The way women deal with stressful situations is a lot different from the way men deal with it," he said. "Women look outside of the box. As men, we don't do that as often as we should."

For Wong, enduring and working hard paid off. After going through an automotive collision program at Vancouver Community College (then called the Vancouver Vocational Institute) and doing an apprenticeship, Wong became one of the first licensed auto repair collision technicians in B.C. and now teaches at the same school.

In a course with a maximum of 16 students, she says she rarely has more than one female student — if any — but encourages women interested in working with cars to come in and see what it's all about.

"They're welcome to drop in and have a tour, put on coveralls and boots and take it on," she said. "If they love cars and love working with cars, go for it. Women shouldn't be afraid."

# Province regulates massage therapists

LEYLA EMORY
for Metro Canada

Before they can start undoing the daily stresses of life with their fingertips, registered massage therapists undergo a lot of training.

"You can't actually practise massage therapy unless you're a registered massage therapist," says Kailee Kline, founder and president of Healthwinds — the Health and Wellness Spa in Toronto.

That means completing a two- or three-year accredited program and passing the written, then the practice exam of the province's governing college.

This wasn't always the case.

"When I started 28 years ago, massage therapy was very grassroots and not that well-known to the public," says Kline. "But as the profession began to grow and we opted to become a regulated profession under the Health Act, it meant we had to professionalize our profession."

Today, massage therapy is regulated in Ontario, British Columbia and Newfoundland and Labrador.

"The regulations from province to province are quite similar," says Doug McRae, registrar at the College of Massage Therapists of British Columbia.

Each college provides a list of government-accredited schools within its province. Beyond that, Kline suggests potential students do research on the schools themselves: "I would look at all the different colleges because, beyond location, every school has its specialty."

And then there's word of mouth. "I talked to therapists in my home town of Peterborough," says recent Fleming College graduate Christine Logan. "Then I contacted the school itself and went to the open house in order to talk to the instructors and other students, picked their brains a bit."

**"As the profession began to grow ... we had to professionalize our profession."**
Kailee Kline, president of Healthwinds

Before becoming registered massage therapists, students must complete a two- or three-year accredited program.

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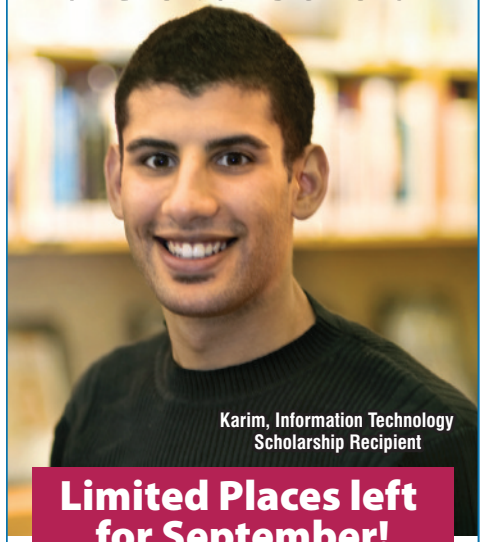
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SAM SMITH/FOR METRO VANCOUVER

Apprentice Bryce Berkey, 20, at a construction site in Burnaby.

# Background in trades can help build future

SAM SMITH
for Metro Vancouver

**In the game of life, it's nice to have the trick of the trades.**

That's why some people, despite future ideals, acquire skills in carpentry, plumbing, eletricity, and so on, so they have a lifelong backup plan.

Bryce Berkey, a 20-year-old electrical apprentice, plans to become an RCMP officer, but first he needs the means to get there.

"You got to have money to put down in order to go to school," Berkey said. "That's what's nice in trades — it's not just one thing; it's a job but you're also getting educated."

Berkey said he believes the skills he learns now will be applicable in his future career as an officer.

"One thing I plan on doing is some side jobs, which can get you good money," Berkey said. "Another thing is in the RCMP, it's possible I can apply [these skills] to my job somehow."

John English, the dean of construction and environment at BCIT, also says that having a background in trades can help in other career options.

"Nowadays, careers are not so pidgeon-holed," English said. "And the most interesting part is that you can apply this to a wide range of fields."

English said the trades as a career prospect has changed in the past few years, and is becoming a more focused prospect.

"It's become the primary choice of many people because they see this as a lifetime opportunity," English said. "Trades are an investment for a lifetime."

Berkey agrees that these skills are invaluable, but he doesn't see himself doing it forever.

"It's not something I live to do, it's something I do to live," Berkey said.

**"It's not just one thing; it's a job but you're also getting educated."**
Bryce Berkey

## Planning key to saving: Expert

When money gets tight, how do students cope? According to a new poll from RBC, in the latest year, 61 per cent spent less on food, 57 per cent spent less on alcohol, 23 per cent didn't buy all the books they needed, and 11 per cent paid their tuition late.

"Managing your money can lead to tough, and in some cases troubling, decisions," says Kavita Joshi, director of student markets at RBC.

"Students need to take care of themselves physically, academically and socially while in school. There are ways to do it without breaking the bank."

So how can students cut back without compromising? By planning, says Joshi.

"It costs money when you don't plan," she says. "You end up doing things like grabbing the nearest meal because you didn't take lunch to school. It might be good and fast, but it's not necessarily cheap."

Certain student expenses are fixed. But it's discretionary spending that drives up costs, says Joshi. This is where students need to plan the most.

"Students can be frugal, but it takes forethought, whether planning your meals, buying second-hand books, or searching for fun and funky clothes or furnishings at thrift stores," Joshi says.

For help on evaluating student expenses and adjusting spending, Joshi recommends using a budget calculator.

"When you spend time planning," says Joshi, "you can plan to spend."

NEWS CANADA

NOELLE MUNARETTO/FOR METRO CANADA

Student Brian Betsworth uses a steam cleaner at the Charles MacPherson Academy for Butlers and Household Managers.

# 'I was born a butler': Grad

NOELLE MUNARETTO
for Metro Canada

**Brian Betsworth once made his living as an audio-visual technician, setting up special event equipment at some of the city's most well-appointed residences.**

Today, Betsworth is instead learning how to run those homes as a student at the Charles MacPherson Academy for Butlers and Household Managers.

Betsworth and a handful of other classmates are spending eight intensive weeks at the Canadian academy under the tutelage of world-renowned butler Charles MacPherson, former butler to the George Eaton family, and other experienced instructors.

In the classroom, students practise everything from setting the perfect table with Limoges dinnerware, to private aircraft management, to cleaning luxury surfaces with natural products.

"Every day there is something really new and fascinating," says Betsworth, who is in his sixth week of the course. "But the great thing that we learn from Day 1 is that there are three things a butler needs to do: Make the bed, clean the toilet, and serve meals. That for me really says it all. I would love to be that person."

Betsworth couldn't be happier with his career transition. He even insists being a butler isn't that different from his old audio-visual job.

"A lot of what we do is very precision-exacting work, tailored to the client's needs with confidentiality, discernment and a truly service-oriented approach," he said. "To me, household management is directly linked with that."

Paul Bocchini, a graduate of the academy's inaugural class of 2008, is now working as a butler/house manager for a family in the Greater Toronto Area.

"It was so hands-on. Things I had read about other schools were much more classroom-oriented," he said. "We even worked at homes in Rosedale."

Bocchini was also established in his career — as a webmaster for the Canadian Medical Association — before enrolling at the academy. After watching a TV documentary on the Queen, he discovered that being a butler was his dream job.

"I realized I was born a butler," said Bocchini. "I just didn't know it."

Bonnie Aprile, who teaches housekeeping, household management and wardrobe maintenance at the academy, says it's common for the program to attract many already-developed professionals looking for a career change.

"Everyone that I've come across in the class is highly intelligent, well-schooled, with patience and an eye for detail," she said, adding many existing butlers also enrol in individual classes to refresh their skills.

As for her own career in household management, Aprile says it has been an incredible journey.

"It offers you a chance at a lifestyle that you would never have experienced. There are celebrities, designers, that I would have never met. For me that is unforgettable," she said. "Behind the scenes, there is a lot of hard work. But somehow I always felt I was part of the festivities."

It's a good feeling to land a great job. If you'd like to enhance your career prospects or train for a more senior position, check out B.C.'s No. 1 college.

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| **TESOL programs**<br>Thursday, Aug. 27, noon and 4 p.m. – room 237 | Downtown |
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| **Paralegal**<br>Saturday, Aug. 29, noon – room 203 | Downtown |
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# French chef Leroy officially a Master

NOELLE MUNARETTO
for Metro Canada

**Chef Didier Leroy is unabashedly honest when it comes to revealing his culinary inspirations. He dashes into the kitchen at his eponymous restaurant, Didier, and in a matter of seconds, returns with a small leather-bound book.**

The pages, stained, faded and splitting apart, describe hundreds of authentic French dishes. This 36-year-old dictionary of classic cuisine, along with perseverance and creativity, helped Leroy become one of Canada's most respected French chefs.

So well respected, both nationally and internationally, that Leroy recently received the title of Master Chef of France, (Maître-Cuisinier de France), by the Association of the Master Chefs of France. To date, he is only one of three chefs in Canada to have been given this distinction.

"I cried," said Leroy, reflecting on hearing the news of his accomplishment. "You know, tears of happiness."

Becoming a Master Chef isn't just about belonging to an elite association of culinary masterminds. It means devoting one's career not only to the preservation of classic French cooking, but also staying focused on professional development and encouraging training in cuisine.

Master Chef Didier Leroy looks at the award of Les Maîtres-Cuisiners de France with some of his friends.

Leroy, who graduated from Paris' École Hôtelière Médéric, continued to hone his culinary skills even as a top chef in Michelin-starred restaurants.

"We still went to school as a chef in France," he said. "We never stopped studying."

After moving to Canada in 1988, and working at famed restaurants like Opus, Auberge Gavroche and The Fifth, Leroy is still a firm believer in the benefits of constant training.

"When you challenge and surpass yourself, it is not like a job," said Leroy. "The joy starts with you, and I think my job is the best job in the world."

Aside from attending culinary workshops and events both overseas and in the United States, Leroy also reads whatever he can find on the finer points of French cuisine. He also enjoys learning from other Master Chefs.

"It's like a big family. You go with all of these guys who have so much experience, who do the most beautiful things on the plate," said Leroy.

The next item on Leroy's professional menu is all about encouraging and inspiring youth interested in the culinary arts. He said he eventually plans on opening a school in Toronto dedicated to producing well-rounded professional cooks.

"The idea is to be able to guide young people into the right spot in their lives," he said of his love for mentoring beginners in the kitchen. "You will always be learning because if you give the light to someone else, you see, too."

Didier Leroy is one of just three chefs in Canada to have been given the distinction of Master Chef of France.

**"When you challenge and surpass yourself, it is not like a job. The joy starts with you, and I think my job is the best job in the world."** Master Chef Didier Leroy

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SPECIAL FOCUS ON:
Dental Health

# Health & Beauty

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

## Get your smile in line

JANINE FALCON
for Metro Canada

**When Tom Cruise made 2002 headlines with braces, few adults had considered them a grown-up straight-teeth solution.**

Now their choices range from discreet to updated metal-mouth versions that offer less ouch and shorter treatment times.

### Invisalign

Clear, plastic upper- and lower-teeth trays that fit teeth through each straightening stage, about two weeks per set. The number of "aligners" depends on how much straightening you need.

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CONS: Not for major straightening. Custom manufactured, so you'll wait between fittings and delivery. Invisalign is also the most expensive braces choice.

### Ceramic Braces

Ceramic braces refer to the brackets affixed to the teeth. Apparently, Tom Cruise wore ceramic.

PROS: Made of transclucent material, ceramic brackets are more subtle than glinty metal. Tooth-coloured wire add further camouflage.

CONS: Although the brackets are translucent, the ligatures are usually latex, which can stain. As well, translucent doesn't mean clear; ceramics could make super-white teeth look dingy. The brackets are also larger than metal, and more brittle.

### Self-ligating Braces

Similar to standard metal, the difference in these is the brackets. Regular braces need tiny plastic bands (ligatures) that encircle tiny hooks on the face of the brackets to hold the wire against teeth. Self-ligating brackets instead have built-in clips to grip the wire.

PROS: Fewer adjustments, less wearing time. In regular braces, ligatures restrict the slip of the brackets along the archwire, so teeth shift haltingly into position. As well, orthos have to remove and replace ligatures at each adjustment visit. With self-ligating braces, brackets slide continuously along the wire as teeth move, which reduces the need for adjustments and shortens the process.

Titanium wire can further lessen straightening time and pain. More flexible than stainless steel, titanium has stretch memory, says Dr. Stephen Gurza, orthodontist and founder of The Brace Place, which has offices in Toronto, Thornhill and Scarborough, Ont. "We can tighten titanium wire more without increasing patient discomfort." Plus, the wire's gradual contraction helps shift teeth into place faster.

CONS: Smile and the world sees your braces.

ISTOCK PHOTO

Whichever teeth-straightening option you choose, remember: Sometimes a smile takes a while (and some discomfort) to perfect.

### Lingual Braces

Wires and metal brackets customized to fit the flip-side of your bite.

PROS: Invisible when you smile because the hardware is behind the teeth.

CONS: Pricier than standard braces, lingual braces are difficult to install as well as keep clean. Their placement also causes initial tongue discomfort and makes speech a little tricky.

## A fair to remember

The J Spot

Josey Vogels

metronews.ca/thejspot

Whether it's the local county fair (which was all about meeting boys as far as me and my 13-year-old girlfriends were concerned) or the larger scale Canadian National Exhibition in Toronto, Ont., (ah yes, necking on the bus back to our small town with Randy No-Longer-Remember-His-Last-Name after hooking up with him at the CNE), summer fairs are the stuff of romance.

**Sleep before sex? Read Josey's blog at metronews.ca/blogs**

But the fair wasn't always quite so innocent. Today's CNE is a far cry from its raunchier past when girl shows and burlesque were a regular midway feature.

In his book, Girl Show: Into the Canvas World of Bump and Grind, A. W. Stencell credits the Columbia Exposition in Chicago in 1893 as the place where traveling carnivals and girl shows got their start. It was the first major fair in North America that set aside a special area for show people, known as the midway.

Looking for entertainment for its midway, the Chicago Fair featured dancers with exotic names like Fatima and Husaria dancing in sideshows called such things as Persian Palace and Turkish Village. According to the history books, many of the girls were Ghawazi dancers and Gypsy prostitutes from Egypt. "At a time when most women wore corsets here were these dancers who were shaking the heck out of their boobs and hips," says Stencell.

In her book, Burlesque West: Showgirls, Sex and Sin in Postwar Vancouver author Becki L. Ross documents the popularity and evolution of girl shows at Vancouver's Pacific National Exhibition from 1910 through to the 1970s where white and black dancers did not share the stage until the 1960s.

"White Shows" and "Black Shows" were presented separately, with the latter being marketed as exotic, savage and ethnic novelties, writes Ross.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

## Redheads' fear of dental work linked to gene: Study

**RESEARCH** Have you got red hair? Are you afraid of the dentist?

The same gene variation that causes red hair is also associated with fear of dental work, according to new research in the U.S.

There is a growing body of evidence that a mutation on the MC1R gene, found in most redheads, also causes a resistance to anesthesia. Redheads could require as much as 20 per cent more anesthesia to numb their mouths before treatment.

Participants' filled out questionnaires on their degree of fear of dental pain, anxiety about the dentist, and previous bad experiences at the dentist. Their blood was checked for presence of the gene variant often associated with red hair.

Almost all of the redhaired people had the gene variation on MC1R (65 out of 67), while just over a quarter of the darkhaired people had it (20 out of 77).

CELIA MILNE/FOR METRO CANADA

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**Cruz ready to work with Almodovar**

Penelope Cruz is "addicted" to working with Pedro Almodovar. The 35-year-old actress — who has starred in several of Almodovar's films — has been collaborating with the director since she was 17 and still can't get enough of him. FEMALEFIRST.CO.UK

# Entertainment

## More X-Files

**Gillian Anderson has confirmed she will appear in a third X-Files movie. The actress surprised fans at the Sarajevo Film Festival by admitting she would happily reprise her role.** FEMALEFIRST.CO.UK

EDITOR: DEAN.LISK@METRONEWS.CA

## DVD picks

### Duplicity
**Director: Tony Gilroy**

**OUT TO CREATE** lighter fare after his Oscar-lauded helming debut Michael Clayton, writer/director Tony Gilroy is determined to put some smarts into the world of double crosses and double martinis.

This spy vs. spy romance begins with the 2003 meet-cute and sexy set-up in Dubai of agents Claire (Julia Roberts), formerly of the CIA, and Ray (Clive Owen), formerly of Britain's MI6. Both are now corporate sleuths.

Naturally, Claire and Ray are in opposing boardrooms, while often in the same bedroom.

Duplicity illustrates the proposition that you can love someone despite not fully trusting them. Don't try to predict the ending, or demand a straight path to it.

### Adventureland
**Director: Greg Mottola**

**SET IN A** decrepit Pittsburgh amusement park in the summer of 1987, Greg Mottola's uncommonly temperate coming-of-age comedy is based on his own youthful experiences as a minimum-wage slave forced to toil in a pretend paradise.

James (Jess Eisenberg) is a virginal college grad whose plans for a trip to Europe have thudded to the ground. Bereft of cash and marketable skills, James gets a job as a ride operator at Adventureland, an erstwhile entertainment facility.

Adventureland is a stealth comedy — the laughs are few but they sneak up on you and really deliver. More than that, it's a wise reflection of the awkward gap between boyhood and manhood.

**Peter Howell/for Metro Canada**

# Father knows best

## Robin Williams is the accidental star of a new indie comedy

**Yes, you want to have a great screenplay and a talented director, but no project ever gets made until a star's attached.**

You simply can't make a movie without somebody to play the lead and having a star is going to help if you're looking for financing or distribution.

Case in point: World's Greatest Dad, which opened Friday in New York to a modest $10,300 and comes to California on Aug. 28. Written and directed by Bobcat Goldthwait, it's a thoughtful but outrageous comedy starring Robin Williams as a troubled high school poetry teacher and single parent.

After the accidental death of his insufferably nasty teenage son (Daryl Sabara from Spy Kids) he suddenly finds himself with the fame and fortune he's always craved. Only question: Can he live with knowing how it came about?

Although the role fits Williams like a glove, it wasn't written with him in mind. In fact, Goldthwait told me, he didn't even plan on asking him to read it.

"Robin and I are old friends and he really liked Sleeping Dogs Lie," he explained, referring to his 2006 drama that also screened at Sundance. "I really wasn't trying to hit him up to be in the movie."

So what happened? "I was at dinner with him and another friend and I was telling him the new story and he was like, 'Well, can I read it?'"

Moreover, Goldthwait added, "I really wouldn't have written the movie for Robin as a poetry teacher if I had him in mind because I think he covered that pretty well already in Dead Poets Society. So I was really shocked when he wanted to be in it."

On the other hand, poetry be dammed — this was such a good fit for these two friends. "I think the character is a little bit based on life lessons that Robin and I had to learn as adult men."

Williams (to Goldthwait about a week into production): "Oh, I get it. I'm playing you and me."

The payoff: "He said it's the most comfortable he's ever felt on a set, which I believe is true because he and I are friends. It wasn't like we would do a scene where you would go, 'Okay, we'll do one. And now we'll do one where you ad lib.' We would keep trying different things, but it was very collaborative."

Goldthwait wrote Dad about two years ago. To write he just goes off to a hotel and works around the clock. "I wrote this one in about five days. My detractors would probably say I should spend another day or two on it!"

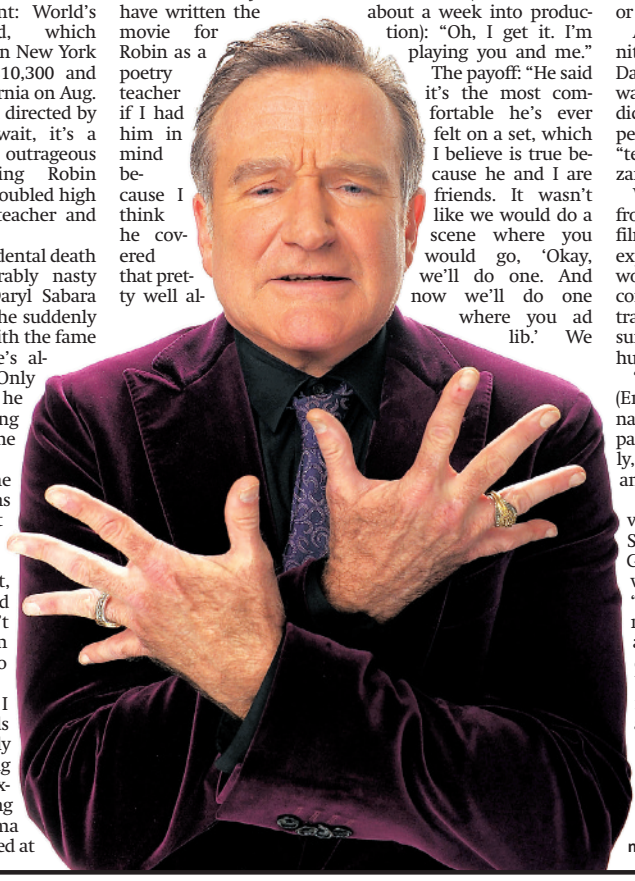
Attaching Williams definitely accelerated getting Dad made. He and Goldthwait wanted to be sure they did the film with "the right people" and avoided the "temptation to make it a zany comedy."

What they had in mind from the start was that the film "wasn't going to try to exploit Robin's name" and wouldn't be marketed as "a comedy with a very silly trailer. We wanted to make sure people kind of got the humour of it."

"It was the folks at Darko (Entertainment) who financed it," he said. A company founder, Richard Kelly, directed Donnie Darko and is a producer of Dad.

Magnolia Pictures got involved after seeing Dad at Sundance and here, too, Goldthwait found himself working with a friend: "Eamonn Bowles, who runs Magnolia, is actually an old friend of mine because he hangs out in a bar that my friend runs in New York. Eamonn's always been very supportive of what we're doing."

**REUTERS**



**Robin Williams stars in the movie World's Greatest Dad.**

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**Grier wants custody of daughter**

Actor David Alan Grier is seeking shared custody of his 1-year-old daughter, according to court papers filed this week in Los Angeles. The In Living Color star also requested the court deny his estranged wife Christine Kim any spousal support. **POPEATER.COM**

# From alt-rock to all country

## Finger 11 guitarists test new sound as Blackie Jackett Jr.

GRAHAM ROCKINGHAM
for Metro Canada

**Strange things happen when you sit in a tour bus sharing a bottle of whiskey. Some people even start writing country music. Which is exactly what happened to James Black and Rick Jackett, the two guitarists of Finger 11.**

Strange indeed since Finger 11 is the rock band from Burlington, Ont., with the worldwide hit Paralyzer. It's not what you'd call "twangy." Not in the least.

But this week, under the name Blackie Jackett Jr., the two are releasing a new country CD called Whiskey And Tears. Replete with jangling banjo and honky tonk grit — it's got a sound that's a lot closer to Johnny Cash than Finger 11.

Blackie Jackett Jr. happened accidentally, almost as a joke. In between concerts and studio sessions — usually with the help of a shared bottle or two — Black and Jackett would pass time making up hokey country tunes, seeing how many times they could work hurtin' or drinkin' into a song.

Whiskey And Tear is the debut album from Blackie Jackett Jr., a new band consisting of Finger 11 guitarists James Black and Rick Jackett.

But as they explored the maligned genre more, they began to appreciate the craft of songwriters like Townes Van Zandt, John Prine, the Merles (Travis and Haggard) and the Hanks (Snow and Williams).

Jackett and Black's songs got more serious, more heartfelt. They recorded as they wrote, letting the tapes roll in hotel rooms, home studios, at friendly get-togethers and, yes, even on the bus.

Jackett and Black's country routine was limited to band parties and quiet moments with friends. That changed a few months back, when a member of the Finger 11 management quietly passed the Blackie Jackett Jr. recordings to the band's record company.

Black and Jackett then got a call saying the label wanted to release it. They were shocked. "We had no intention of releasing it, no intention of becoming a band," Jackett says. "For the longest of time, it was just sort of a secret."

To add weight to the music, they picked up a drummer and a bass player. Jackett even bought a six-string banjo. They started looking for a female vocalist to counter Black's near baritone. Like everything else in this project, they found their backing vocalist while having a few drinks.

It was karaoke night at Hurricane's Roadhouse on Bloor Street. A young woman took the microphone and sang a Dolly Parton tune. Her name was Sandra D. Jackett and Black almost spit out their drinks, she was so good. She's been singing with them ever since.

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**Moyer joins Priest**

True Blood star Stephen Moyer has been cast in Priest, the Paul Bettany-led, Scott Stewart-directed thriller about "a warrior priest (Bettany) who turns against the church to track down a murderous band of vampires who kidnapped his niece," according to Variety. EW.COM

# Food for thought

## Show advises Canadians on healthy lifestyle

BRIAN COULTON
for Metro Canada

**Battling plump-making pounds has long been the work of diet and exercise, but Scottish nutrition guru Gillian McKeith says the way to a healthy weight and fit form goes beyond food.**

"There's a huge emotional component when it comes to food," says McKeith.

"When I first started out, I realized you can get good results with just the food, but you don't get great results. You have to address these other issues, otherwise you will end up getting to a plateau and be stuck."

McKeith is helping out-of-shape Canadians acknowledge the emotional path that lead them to unhealthy lifestyles on the new program Eat Yourself Sexy, which premieres Sept. 2 on W Network.

"You may not be able to change the past, but at least acknowledging it is very important to moving away, letting go and moving on," she says. Baggage ranging from fractured relationships with a parent or partner, through stress at work, to the death of a pet are all factors McKeith says may contribute to developing an unhealthy body.

**"There's a huge emotional component when it comes to food."**
Gillian McKeith

When she sees clients, she gives them an onion to symbolize such setbacks in one's life.

"That is to represent your original self — your core. It doesn't matter if you're rich, poor, old or young; Sometimes you will hold onto things that hold you back," she says. "We want to peel back all the layers of all the holding."

**Eat Yourself Sexy premieres Sept. 2 on W Network**

But McKeith's focus exceeds the individual. On Eat Yourself Sexy, she places equal emphasis on partners of the profiled women, believing they'll inevitably be left behind in the relationship if they don't co-operate.

"I want the relationship to grow, not to go," she says.

"They have to really support in a way they haven't done before so they can nourish and nurture that relationship."

In addition to insisting they make similar dietary changes, McKeith gives partners tasks like buying groceries, chopping vegetables or growing sprouted seeds.

And it's not just relationships McKeith says will become healthier as a result of her regiment. She recalls a woman depicted on the program named Erica who had developed type 2 diabetes, as a result of unhealthy eating habits. "Her freezer was mooing," she says, "It was like there'd been a slaughter at the zoo! There was every meat you could ever think of."

Within two weeks of following McKeith's plan, she says Erica's blood sugar levels had come down, and reverted to normal within two months.

"You can really make a major dent in your health for the better by adopting the lifestyle I am talking about."

Scottish nutirition guru Gilliam McKeith will be helping Canadians in Eat Yourself Sexy.

# Quincy, M.E. actor sues over profits

**Jack Klugman is accusing Universal Studios of hiding millions in profits from its classic crime series Quincy, M.E.**

In a lawsuit filed Friday in Los Angeles Superior Court, the 87-year-old actor claims his deal with NBC to star on the 1976-83 series entitled him to a quarter of the show's "net profits."

According to the suit, Klugman never had a signed deal for the show but Universal executives agreed orally and "acknowledged in various writings that (Klugman was) entitled to a 'Participant Share' of 25 per cent of all 'Net Profits' attributable to Quincy, M.E." and was to receive periodic accountings of the show's revenue.

Klugman says he never received either, and when his attorney requested copies of his deals in 2007, he was turned down by NBC-Universal lawyers. Klugman then filed a lawsuit in March 2008 to obtain the documents, and the studio provided accounting statements for 1998-2006.

**"Defendants ... rendered an accounting statement which exposed that being a profit participant ... would never occur under Defendants' 'math,' rather a cruel hoax on the show's star."**
Lawsuit launched by Jack Klugman

Now he's suing again, this time for breach of contract, declaratory relief and an accounting.

According to the new lawsuit, Universal's statement showed the program has generated more than $242 million (all figures US) in total gross receipts in its lifetime, but Universal has reported a $66.4 million net loss on the show. During the '98-'06 time period, gross receipts for the show were $40.8 million but net losses were $16.5 million.

Klugman is now demanding unspecified millions in back profit participations.

"Defendants made huge profits over the years but rendered an accounting statement which exposed that being a profit participant on Quincy, M.E. was something that would never occur under Defendants' 'math,' rather a cruel hoax on the show's star, Klugman," the lawsuit says.

An NBC Universal spokesperson said, "The lawsuit is without merit." Under Hollywood's infamously byzantine accounting rules, it is not uncommon for ostensibly successful TV shows and movies to report bottom-line losses. REUTERS

## In brief

**MOVIES** Gus van Sant, who last directed Sean Penn to an Oscar in Milk, is in negotiations to shoot a project shepherded by new Twilight actress Bryce Howard. The logline for Restless is being kept under wraps, though the Columbia Pictures project described as contemporary and distinctive take on young love. Howard will produce with her father Ron Howard and his Imagine Entertainment partner Brian Grazer.

**TV** NBC has handed a pilot order to Rex Is Not Your Lawyer, a comedic drama about an attorney who suffers panic attacks and takes up coaching clients to represent themselves in court. Law & Order veteran Barry Schindel has come on board as showrunner on the new project.

**TV** The Game is not over yet. Cable channel BET is in talks to order a new season of the comedy, a spinoff from the long-running Girlfriends. The CW canceled Game in May after three seasons. Series creator Mara Brock Akil in April pitched CW an hourlong version of the show as a way of to keep it on the network, which was exiting the half-hour comedy business. REUTERS

For complete online movie listings, trailers, reviews and tickets, visit: **metronews.ca/movies**

| VA | Vu | SC | C | 7:00 | 7:30 | 8:00 | 8:30 | 9:00 | 9:30 | 10:00 | 10:30 | 11:00 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| primetime 8/25/09 | 251 | 308 | 3 CBC | Coronation St. | Jeopardy! | Rick Mercer | 22 Minutes | Being Erica (CC) (DVS) | | CBC News: The National (N) | | (:05) The Hour |
| | 255 | 358 | 6 JOY | E! News | The Insider | Inside Hollywood (N) (CC) | | X-Weighted (N) (CC) | | Ruby (CC) | Ruby (CC) | News |
| | 254 | - | 8 M | Two/Half Men | Two/Half Men | Omni News: Mandarin Edition | | News: Cantonese Edition | | Omni News: Punjabi Edition | | Metropia |
| | 250 | 321 | 9 CTV | etalk (CC) | Hollywood | So You Think You Can Dance Canada (N) (CC) | | | | Flashpoint (CC) | | News |
| | - | - | 10 OMNI | The Daily | Frasier (CC) | Islam 101 (CC) | | Poltergeist: The Legacy | | Scrubs (CC) | The Search | New Day |
| | 252 | 336 | 11 GTV | Entertainment | ET Canada | NCIS "Collateral Damage" | | (:01) Big Brother 11 (N) (CC) | | The Unit (CC) | | News |
| | 256 | 389 | 12 VI | The Road to Avonlea | | America's Got Talent (CC) | | America's Got Talent Ten contestants perform. (CC) | | | | A News (N) |
| | 253 | 359 | 13 CITY | Law & Order: SVU | | Hell's Kitchen (N) (PA) (CC) | | More to Love (N) (CC) | | Make Me a Supermodel | | The CityNews |
| | - | - | 14 CW | Deal-No Deal | Deal-No Deal | 90210 (CC) | | 90210 "The Party's Over" | | Seinfeld | Seinfeld | Frasier (CC) |
| | 289 | 381 | 15 CBS | Entertainment | The Insider | NCIS "Collateral Damage" | | (:01) Big Brother 11 (N) (CC) | | The Mentalist (CC) | | KIRO News |
| | 287 | 379 | 16 NBC | Evening Mag. | Inside Edition | America's Got Talent (CC) | | America's Got Talent Ten contestants perform. (CC) | | | | KING 5 News |
| | 602 | 568 | 19 W | Style by Jury | Friends (CC) | Designer | Style by Jury | Style by Jury | Style by Jury | In Her Mother's Footsteps (2006, Suspense) | | |
| | 288 | 380 | 21 ABC | Wheel-Fortune | Jeopardy! | Shaq Vs. (CC) | | Shaq Vs. (N) (CC) | | Primetime: The Outsiders | | KOMO 4 News |
| | - | - | 23 KVOS | M*A*S*H | Seinfeld | Quicksilver ★★ (1986, Adventure) Kevin Bacon, Jami Gertz. | | | | King | Still Standing | Scrubs (CC) |
| | 291 | 383 | 27 PBS | Steves Europe | Conver-KCTS | Nova (CC) (DVS) | | Nova scienceNOW (N) | | P.O.V. "This Way Up" (N) | | The Short List |
| | 290 | 382 | 28 FOX | Two/Half Men | Two/Half Men | Hell's Kitchen (N) (PA) (CC) | | More to Love (N) (CC) | | Q13 FOX News at Ten (N) | | Family Guy |
| | - | 364 | 29 PBS | The History Project | | Keeping Up | Being Served | Tavis Smiley | Charlie Rose (N) (CC) | | Nova (CC) (DVS) | |
| | 296 | 654 | 34 SBK | Frasier (CC) | Frasier (CC) | Punk'd (CC) | South Park | Cheers (CC) | Half & Half | Paid Program | Family Court | Paid Program |
| | 298 | 653 | 35 TLA | Two/Half Men | Two/Half Men | 90210 (CC) | | 90210 "The Party's Over" | | KTLA Prime News (CC) | | Friends (CC) |
| | 295 | 651 | 38 WGN | WGN News at Nine (N) (CC) | | Family Guy | Two/Half Men | According-Jim | Sex and-City | Friends (CC) | Friends (CC) | My Wife-Kids |
| | 297 | 652 | 37 WPX | PIX News at Ten Tong. (N) | | Two/Half Men | Friends (CC) | Sex and-City | According-Jim | Frasier (CC) | Frasier (CC) | Bring Wall St |
| | 199 | 311 | 66 STR | News | NTV Latenight News | | Late Show-Letterman | | Late Late Show | | Will & Grace | Seinfeld |
| news | 502 | 390 | 53 NW | Everybody's Children (2008) | | CBC News: The National (N) | | CBC News: The National | | Everybody's Children (2008) | | National |
| | 500 | 500 | 48 CNN | Anderson Cooper 360 (CC) | | | | Larry King Live | | Anderson Cooper 360 (CC) | | Cooper 360 |
| sports | 407 | 419 | 42 RSP | MLB Baseball Oakland Athletics at Seattle Mariners. From Safeco Field in Seattle. (Live) | | | | | | Sportsnet Connected (Live) | | Sportsnet |
| | 400 | 400 | 60 TSN | SportsCentre (Live) (CC) | | | Off the Record | WEC WrekCage (N) (CC) | | NASCAR Racing | | SportsCentre |
| | 411 | 457 | 49 OLN | Ghost Hunters (CC) | | Dog the Bounty Hunter (CC) | | Survivorman (CC) | | Ghost Hunters (CC) | | Bounty Hunter |
| | 410 | 403 | 54 SCR | Score Tonight | | Final Score | Final Score | Final Score | Final Score | Final Score | Final Score | Final Score |
| | 417 | 406 | 55 SC | Jacked! | Jacked! | Pimp My Ride | Pass Time | Pimp My Ride | Pimp My Ride | Super Bikes! | Super Bikes! | Jacked! |
| | 416 | 409 | 144 GLF | Fútbol Brasileño | | Toronto-Today | Gol TV News | Toronto-Today | MLS Weekly | Paid Program | Gol TV News | Gol TV News |
| family | 552 | 543 | 25 YTV | Drake & Josh | Prank Patrol | Malcolm-Mid. | Futurama | Family Biz | Prank Patrol | Falcon Beach "The Next Life" | | Mystery Hnt. |
| | 555 | 545 | 50 TEL | Jimmy Two | Total Drama | 6TEEN (CC) | 6TEEN | Futurama | American Dad | Chicken | American Dad | Moral Orel |
| | 557 | 541 | 51 FAM | Wizards-Place | Han. Montana | Zack & Cody | Latest Buzz | Wizards-Place | Life Derek | Ned's School | Cory in House | Zack & Cody |
| | 553 | 546 | 65 TRE | Comfy Couch | Zigby | Max & Ruby | Babar (CC) | Backyard | Ni Hao | Go, Diego, Go! | Franklin | Comfy Couch |
| cable variety | 268 | 354 | 5 KNO | Gardens | Recreat. Eden | Ultimate Factories (CC) | | When the Levees Broke | | When the Levees Broke | | Darkness |
| | 575 | 583 | 20 CMT | Hope & Faith | Hope & Faith | CMA Music Fest 2008 | | | | Reba (CC) | Reba (CC) | Hope & Faith |
| | 570 | 580 | 24 MM | Starmaker | MuchNewsWk | One Tree Hill (CC) | | Starmaker | | | MuchNewsWk | Spotlight |
| | 600 | 564 | 43 H&G | House | House | Holmes on Homes (CC) | | SarahCottage | Genevieve | HGTV's Top | Dirty Business | House |
| | 615 | 520 | 61 A&E | The Cleaner "Cinderella" (N) | | The Cleaner "Cinderella" | | The First 48 (CC) | | The First 48 (CC) | | The Cleaner |
| | 628 | 584 | 62 SPKE | (6:21) Star Wars: Episode II -- Attack of the Clones ★★ (2002) | | | | | CSI: Crime Scene Invstgtn. | I Bet You Will | | Disorderly |
| | 521 | 560 | 64 TLC | Masters of Reception (N) | | 18 Kids-Count | 18 Kids-Count | Masters of Reception (CC) | | Jon & Kate Plus 8 (CC) | | Child Frozen |
| | 616 | 522 | 69 SHO | The Outer Limits (CC) | | Painkiller Jane "The League" | | The Unquiet (2007, Suspense) Cara Buono, Don S. Davis. (CC) | | | | House (CC) |
| | 620 | 523 | 70 BVO | At the Concert Hall Watson. | | Law & Order (CC) | | Without a Trace (CC) | | At the Concert Hall Watson. | | Bryan Ferry |
| | 601 | 562 | 71 SLC | Rich Bride, Poor Bride (CC) | | ET Canada | Til Debt-Part | Real Housewives OC | | Trading Spouses | | Biggest Loser |
| | 520 | 505 | 72 DIS | After the Catch (N) | | Daily Planet (CC) | | Against the Elements (CC) | | After the Catch | | How It's Made |
| | 522 | 506 | 74 HIS | NCIS "Recoil" (CC) | | Lost Worlds "Palenque" | | Zero Hour "Terror in Tokyo" | | NCIS "Recoil" (CC) | | Sea Hunters |
| | 627 | 528 | 75 SPC | Ghost Hunters (CC) | | Stargate SG-1 "Camelot" | | Star Trek: Next Gener. | | Star Trek: Voyager "Riddles" | | Star Trek: Ent. |
| | 294 | 650 | 97 TBS | The Office | The Office | Seinfeld | Seinfeld | Sex and-City | Sex and-City | The Truman Show ★★★ (1998) Jim Carrey. | | |
| | 619 | 525 | 98 TROP | Power Play "The Finals" | | Tube Tales | Tube Tales | Inside Hollywood "Booty" | | King | King | King |
| | 603 | 561 | 99 FN | Good Eats | Good Eats | Iron Chef America (CC) | | Unwrapped | Unwrapped | Hell's Kitchen (CC) | | Good Eats |
| | 626 | 547 | 57 COM | Air Farce | 22 Minutes | 22 Minutes | Corner Gas | The Simpsons | South Park | Hot Box (N) | Awesome | Bob Saget |
| | 320 | 621 | 30 CEN | (6:30) Reverse Angle (2009) | | Personal Effects (2009) Michelle Pfeiffer. Premiere. (CC) | | | | The Heartbreak Kid ★★ (2007) Ben Stiller. | | |
| | 581 | 566 | 101 MTV | Daddy's Girls | Jazmin | MTV Live | After | Jazmin | Daddy's Girls | Daddy's Girls | Jazmin | MTV Live |
| | 261 | 394 | 102 V | 5 Seekers | Search | Poltergeist: The Legacy | | I Was a Male War Bride ★★★ (1949) Cary Grant. (CC) | | | | Paid Program |
| | - | - | 105 MUL | Banquet | Kingdom-Wind | Il Caffe | | In Germany | Euromaxx | Schauplatz | Euro. Journal | Patrol World |

## critics'corner

**The Mentalist**
All you need is a little mood lighting, soft music and a heaping glass of Courvoisier, right? With Patrick Jane's (Simon Baker) help, Cho (Tim Kang) goes under cover as a sweet-talking ladies man with all the right moves in order to catch a killer who has his own set of pseudomentalist techniques in "Crimson Cananova." Robin Tunney and Owain Yeoman also star. 10 PM on CBS

**Everybody's Children**
Imagine leaving your home and your family for a new land an ocean away. Now imagine doing that alone ... at 16 or 17. This documentary profiles two African teens who came to Canada to escape violence and oppression at home. Sallieu, 16, left Sierra Leone after his mother was murdered. Joyce, 17, fled the Democratic Republic of Congo to avoid a life of prostitution. The film follows their efforts to adjust to their new lives and become typical Canadian teens. 7 PM on NW

**Gwyneth and Chris making monster house**

Gwyneth Paltrow and Chris Martin know how to deal with neighbours: Buy them out. The couple is hard at work combining their London townhouse with the adjoining property to create a massive, 33-room home, according to the Daily Mail. **METRO WORLD NEWS**

# Celebrity Buzz

## Basterds the best war flick ever: Brad

**BRAGGART** Brad Pitt thinks his latest movie, Quentin Tarantino's Inglourious Basterds, is the last word in Second World War movies.

"The Second World War could still deliver more stories and films, but I believe that Quentin put a cover on that pot. With Basterds, everything than can be said to this genre has been said," Pitt told German magazine Stern. "The film destroys every symbol. The work is done, end of story."

As for Tom Cruise's Valkyrie, about a Nazi plot to kill Hitler? "It was a ridiculous movie," he said.

GETTY IMAGES

**METRO WORLD NEWS**

## Eddie and LeAnn go public

**OUT IN THE OPEN** It's official: LeAnn Rimes and Eddie Cibrian are no longer hiding their relationship.

On Saturday night, the couple went to the Kings of Leon concert in Los Angeles, just two days after they hit the links — and openly flirted — at the Valencia Country Club, people.com reports.

The couple's decision to go public prompted Cibrian's estranged wife Brandi Glanville to tell People: "He's just somebody I don't know ... You think you know one thing and you wake up and it's all been a lie."

Glanville says she is unable to completely explain to the couple's sons Mason, 6, and Jake, 2, what is going on between mom and dad. (Rimes and her husband, Dean Sheremet, are also separated.)

"They know that daddy is at work all the time," she said. "That's what I tell them. When he does come home it is surprising for them and they are very happy."

Glanville says she has spoken with Rimes twice recently, and told her, "He's all yours."

Glanville says she hopes to file divorce papers soon. "There is one side of him that I absolutely love and always will," she noted, "but that side of him is not the side I'm divorcing."

**METRO NEWS SERVICES**

## Heidi shows off her pipes

**DOUBLE THREAT?** Heidi Montag performed for the first time on Sunday's Miss Universe pageant. She sang Body Language while dancing around in a sequin bra and matching pants — but half the song was blocked while NBC introduced the 15 finalists.

"I think people don't know what to expect, and how can they? It's my first performance live and it's in front of a billion eyes. So I'm very excited to show everyone what I'm coming with," Montag said before performing.

TMZ.com reported that Montag would lip-synch because producers were nervous about her performance and feared she couldn't remember her lyrics. Montag, though, said she was unaware of the criticism and eager to perform.

"I'm very excited for everybody to see this," she said. "I think a lot of people are expecting something very different."

**METRO NEWS SERVICES**

## Jackson kids heading to school?

**GROWING UP** The homeschooling days may be over for Michael Jackson's kids, TMZ.com reports.

The gossip website says is has learned Jackson's mother, Katherine, is "seriously considering" sending the children to an elite Los Angeles private school.

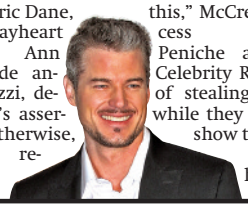
Family sources say she has been in talks with school reps to send Michael Jr., Paris, and Prince to the Buckley School — the same place Tito Jackson's three kids and several members of the Jackson clan attended.

**METRO NEWS SERVICES**

## Claws come out over threesome sex tape

**BLAME GAME** Country singer Mindy McCready says she did not release the video of Eric Dane, Rebecca Gayheart and Kari Ann Peniche's nude antics in a Jacuzzi, despite Peniche's assertions otherwise, popeater.com reports.

"I did not want to be dragged into all this. I did not want to be a part of this," McCready told Access Hollywood. Peniche accused her Celebrity Rehab co-star of stealing the movie while they were on the show together.



McCready had this to say about Peniche's allegations: "She is evil personified, she is evil in human form. She will hurt anyone she can to make money."

Peniche has also denied releasing the footage. "If I was going to leak it, I would have done that a long time ago," she explained.

**METRO NEWS SERVICES**

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9 NEW YORK TIMES BESTSELLERS

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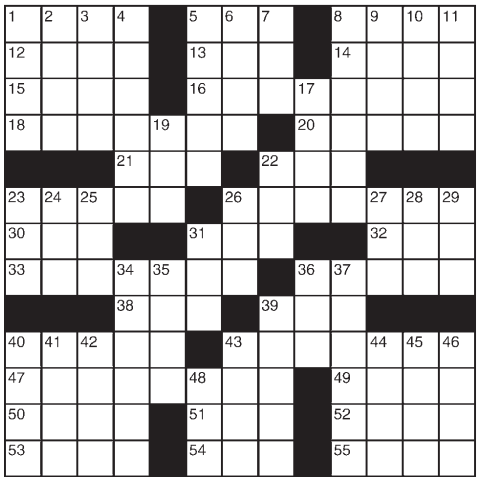
Wednesday Partly cloudy 20°/ 13°
Thursday Mainly sunny 22°/ 15°
You have voted us #1 for best forecasts on TV. Thank you Canada!



For more delicious Metro recipes, visit: **metronews.ca/food**

# Take Five



1 Dictionary entry
5 Old bird of New Zealand
8 Request when playing Red Light
12 Burn soother
13 Quiche ingredient
14 Works with
15 Brothers and sisters
16 Late newsman Walter
18 Travellers' lodging
20 Title role for Michael Caine or Jude Law
21 Reproductive cells
22 Actress Joanne
23 Ill-humoured
26 Pilot's chamber
30 Annoy
31 Tend the lawn
32 Greek vowel
33 Jiminy, e.g.
36 Raise a glass to
38 Coop occupant
39 Fedora or derby
40 Less friendly
43 Hypodermic device
47 Sidewalk material
49 Partially mine
50 Trans-Siberian Railroad city
51 Sister
52 Error
53 Trawler gear
54 Modern-day evidence
55 Ticklish Muppet

**DOWN**

1 Cleanse
2 Hodgepodge
3 Filches
4 Tyrant
5 Home away from home
6 Fairy tale baddie
7 Past
8 Inuit boot
9 "Yeah, right!"
10 Abominable Snowman
11 "Understood"
17 DEA agent
19 Wall climber
22 Part of DJIA
23 First X or O?
24 Blunder
25 Tackle moguls
26 Barracks bed
27 Shell game item
28 "— Impossible"
29 Make lace
31 Chaps
34 Verifies
35 Actress Deborah
36 Pitch
37 Idle
39 Zoo howler
40 PC picture
41 Arrive
42 "Meet Me — Louis"
43 Dazzle
44 Void partner
45 Bleak
46 Hockey legend Phil, to fans
48 Conclusion

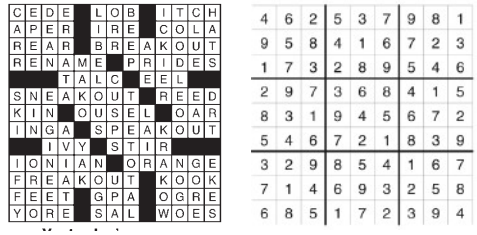
## Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

**HOW TO PLAY:** Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | 9 | | 1 | | 5 | | | 8 |
| | | | | 8 | | 9 | | 5 |
| | | | | 2 | | 7 | 3 | |
| | 2 | | | | | | 7 | 3 |
| | | | 9 | | 8 | | | |
| 5 | 8 | | | | | | 1 | |
| | 5 | 7 | | 4 | | | | |
| 1 | | 9 | | 6 | | | | |
| 4 | | | 3 | | 7 | | 5 | |

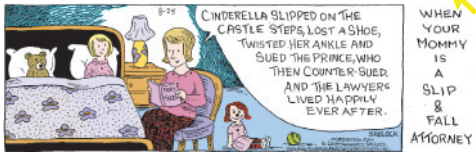
**PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:**



| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 4 | 6 | 2 | 5 | 3 | 7 | 9 | 8 | 1 |
| 9 | 5 | 8 | 4 | 1 | 6 | 7 | 2 | 3 |
| 1 | 7 | 3 | 2 | 8 | 9 | 5 | 4 | 6 |
| 2 | 9 | 7 | 3 | 6 | 8 | 4 | 1 | 5 |
| 8 | 3 | 1 | 9 | 4 | 5 | 6 | 7 | 2 |
| 5 | 4 | 6 | 7 | 2 | 1 | 8 | 3 | 9 |
| 3 | 2 | 9 | 8 | 5 | 4 | 1 | 6 | 7 |
| 7 | 1 | 4 | 6 | 9 | 3 | 2 | 5 | 8 |
| 6 | 8 | 5 | 1 | 7 | 2 | 3 | 9 | 4 |

## On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca




## Metro Recipe of the Day

### Lemon Turkey with Couscous Stuffing

**INGREDIENTS:**
1 bone-in turkey breast (4 to 4 1/2 lbs/1.8 to 2 kg)
2 tsp (10 ml) olive oil
1 tsp (5 ml) lemon juice
1 garlic clove, minced
1/2 tsp (2 ml) grated lemon peel
1/4 tsp (1 ml) salt
1/8 tsp (0.5 ml) pepper

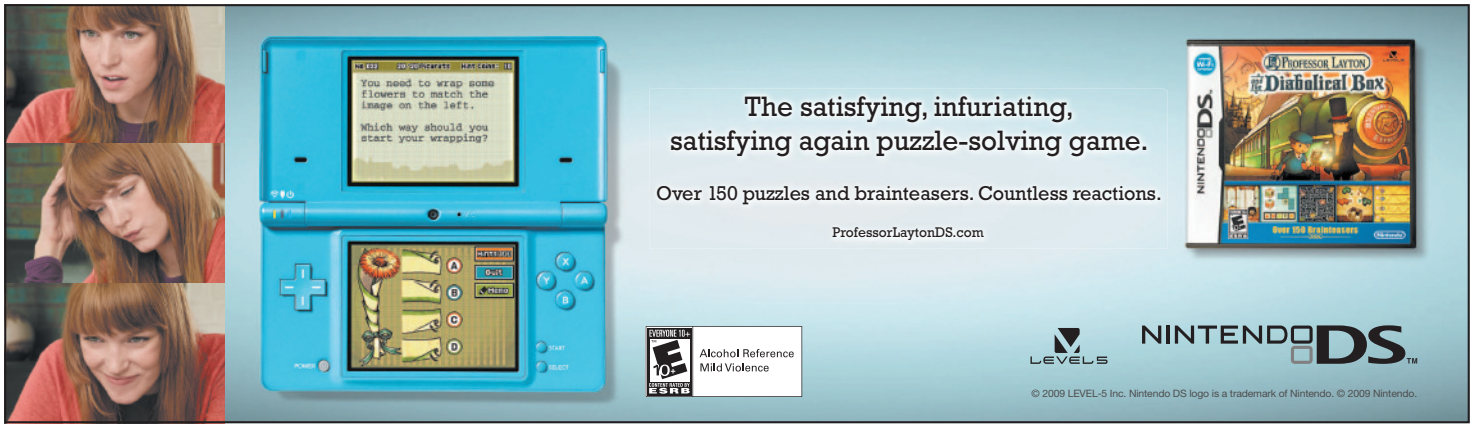
**STUFFING:**
1 1/2 cups (375 ml) boiling water
1 cup (250 ml) uncooked couscous
1 medium carrot, shredded
1/2 cup (125 ml) raisins
1/3 cup chicken broth
1/4 cup (50 ml) slivered almonds, toasted
2 tbsp (25 ml) minced fresh parsley

**METHOD:**
1. Carefully loosen turkey skin, leaving attached at back. Combine oil, lemon juice, garlic, lemon peel, salt and pepper; spread under turkey skin. Place turkey to one side in shallow roasting pan coated with nonstick cooking spray.
2. For stuffing, in bowl, pour boiling water over couscous. Cover and let stand 5 minutes or until water is absorbed. Add remaining ingredients; toss to combine. Spoon stuffing into other side of pan, shaping into 8-in. x 5-in. x 2-in. (20-cm x 13-cm x 5-cm) mound. Cover pan; bake at 325 F (160 C) 45 minutes.
3. Uncover turkey; leave stuffing covered. Bake 40-50 minutes longer or until meat thermometer reads 170 F (77 C). Cover turkey with foil and let stand 15 minutes before slicing. Serve with stuffing.

**SERVES 8**

**rd.ca**

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!




## Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

**ARIES** ♈
MARCH 21-APRIL 20
Not everyone is as robust as you, so don't be surprised if someone reacts harshly to what you tell them.

**TAURUS** ♉
APRIL 21-MAY 21
You may be tempted to stick with what you know, but an adventurous approach will work wonders.

**GEMINI** ♊
MAY 22-JUNE 21
Something is going out of your life and you have regrets. But don't dwell on them. New opportunities are coming to you.

**CANCER** ♋
JUNE 22-JULY 22
You'll look back on today as a turning point in your life. You'll have the energy to reach out for those lofty objectives.

**LEO** ♌
JULY 23-AUG 23
It doesn't matter how open and straightforward you may be, the information you have is too dangerous to tell others about.

**VIRGO** ♍
AUG 24-SEPT 22
It's not like you to be impatient but you've had your fill of playing games just to please others. Friends can be changed.

**LIBRA** ♎
SEPT 23-OCT 23
Today's cosmic setup means that you know what you want — and one way or another, you will get it.

**SCORPIO** ♏
OCT 24-NOV 22
The entry of Mars into the most adventurous area of your chart makes a great time of year for getting things done.

**SAGITTARIUS** ♐
NOV 23-DEC 21
Cosmic activity in one of the more secretive areas of your chart urges you to be careful about what you reveal.

**CAPRICORN** ♑
DEC 22-JAN 20
Get serious about a relationship or end it. The other person wants more than a friendship, but what do you want?

**AQUARIUS** ♒
JAN 21-FEB 18
Are you using your energy wisely? If certain tasks are tiring you more than you expected you are doing too much.

**PISCES** ♓
FEB 19-MARCH 20
You may be impatient to get started on all those projects you've got lined up but for best results you must be selective.

AIR CANADA VACATIONS

# Quick getaways from $747

## DEALS to EUROPE

### London
**Hotel Ibis London Earls Court • 3★**
Breakfast
Standard rm.
Oct. 7, 8, 15, 20, 22 & 26 • 3 nts.
$747
Taxes & fees: $469

### Paris via Toronto / Montreal
**All Seasons Paris Gare Est • 3★**
Breakfast
Standard rm.
Oct. 1, 4, 7, 15, 16, 23 & 29 • 3 nts.
$767
Taxes & fees: $422

## DEALS to the WEEK

A FREE **Disney quick-service dining plan** when you book the following 5-night/5-day package including accommodations and theme park tickets; plus roundtrip airfare.*

### Orlando via Toronto
**Disney's Pop Century Resort • 3★**
Special offer standard rm.
Nov. 5, 11 & 12
5 nts.
$1139
Taxes & fees: $150

### Santa Clara via Calgary
**Meliá Las Dunas • 4★**
All-Inclusive • Standard rm.
Sept. 6 - 27 • 1 wk.
$839
Taxes & fees: $212

**Occidental Royal Hideaway Spa • 5★**
All-Inclusive
Supersaver spa rm.
Sept. 6 - 27 • 1 wk.
$1099
Taxes & fees: $212

### Antigua via Toronto
**Jolly Beach Resort & Spa • 3 1/2★**
All-Inclusive
Standard oceanview rm.
Nov. 1 - 22 • 1 wk
$1589
Taxes & fees: $253

### Cancun / Riviera Maya
**Occidental Grand Xcaret • 4 1/2★**
All-Inclusive • Deluxe rm.
Nov. 14 • 1 wk.
$1059
Taxes & fees: $258

**Gran Bahia Principe Tulum • 5★**
All-Inclusive • Standard rm.
Nov. 14 • 1 wk.
$1099
Taxes & fees: $258

### Los Cabos
**Crowne Plaza Los Cabos Grand Faro • 4 1/2★**
All-Inclusive
Deluxe oceanview rm.
Dec. 20 • 1 wk.
$1529
Taxes & fees: $266

## DEALS on CRUISES

### Royal Caribbean International[1]
**Radiance of the Seas®**
Mexican Riviera • Non-stop flights to San Diego
All meals included
Oceanview stateroom, cat. H
Oct. 4 • 5 nts.
$939
Taxes & fees: $200

**Mariner of the Seas®**
Mexican Riviera • Non-stop flights to Los Angeles
All meals included
Promenade stateroom, cat. PR
Nov. 29 & Dec. 6 • 1 wk.
$1119
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